

Death and spirituality

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THE MOMENT you reject death, you also reject life. Death is not something that is going to happen to you in the future. When birth happened, half of death happened. It's only the other half that is yet to happen; one day it is going to be complete. The process of life and death are not different, they are deeply intertwined. This process of life and death is happening to you every moment.



INNER VOICE

Your inhalation is life; your exhalation is death. When you were born, the first thing that you did in life was to take in a gasp of air. The last thing that you will do in life is an exhalation. You exhale now; if you do not take the next inhalation, that means you are dead. That is all.

Life is constantly uncertain. Death is a hundred percent certainty. Don't you have any doubt about that. You can have a million doubts. "Will I become rich or not? Will I become educated or not? Will I become enlightened or not?" With death, there is no question. It is a hundred percent certainty. So why sit on uncertainty instead of certainty? The spiritual process begins only when you start becoming aware of your death. You don't become spiritual because you think of God. You seek God because you want to be happy, or you want your children to be healthy, or you want your business to run well, or you want to go to heaven because you made a hell out of yourself?

It's only when you become aware of death that you turn spiritual. If you knew you were like a flower that blooms in the morning and it dies in the evening, then you wouldn't miss a single flower on the way.

If you look at death, it will put everything in its proper perspective. Your fantasies will collapse; reality will rule. If your fantasies rule your mind, then you will do stupid things. Only if reality rules your mind will you behave sensibly in the world.

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