

SICKNESS & DEATH

“Death” of the body is just as natural as “Birth”. Death of the body is not something to be afraid of, it is the inevitable. Death of the spirit or soul is impossible. The presumption is that the spirit/soul is part of “One”, which is “God”. It always has been and always will be, truly eternal. I believe, as does Emmet Fox in his book titled “The Ten Commandments”, that the commandment about “Thou Shalt Not Kill” is a misinterpretation of the actual translation. He believes, as do I, that the true translation is “Thou Cannot Kill”. In other words, in spiritual terms, which is what all of these commandments are supposed to be...spiritual law...you and I do not have the power to kill anything spiritually, including ourselves. We are part of one and will always be part of one. We do have the power to cause a change in physical form, but we cannot change the eternal spirit.

Realizing that this presumption could be a delusion, it is no more delusional than to believe otherwise. Wondering or meditating along these lines will bring a sense of peace that will allow us to not cause unnecessary stress for the body in the form of anxiety and fear. The body will then have a much higher chance of using its natural resources to either survive or retire in peace with minimal pain.

Beyond that however, we are experiencing a human condition where we reside in a physical body that needs to attempt to survive at all cost...this is human nature. The body will do whatever it can to survive, with or without the consent of our will. It is only when the body has exhausted all possibility of surviving that the heartbeat stops and the spirit leaves the body. Consciously inducing fear cannot help the body to survive, in my opinion, it can only hinder the body's ability to use its natural strength.

Part of the human condition, is this thing we refer to as the “ego”, the “self” or the “it”, which is closely intertwined with the mind and emotion. My experience tells me that the mind, my emotions, as well as my fantasies or dreams, are the most limiting factors of my existence. It will tell me things that are just not real. I suspect that they are a normal, natural and necessary part of the human condition that is typically given more attention than is healthy.

A spiritual malady is a delusion that I am not connected to God, the universe and the world itself. If I have an extreme degree of spiritual malady, then it is that much easier for the ego or the mind to drive my free will. That drive will cause me to act in ways that are selfish, self-centered, self-seeking, self-delusional and self-pitying, driven by hundreds, if not thousands, of forms of fear...fear always being a lack of trust in God, to some degree or another. “Sin” is a word that came from the sport of archery, which means to “miss the mark”. Anytime I am unaware, to any degree, that I am part of “One” which is “God”, and so is everyone else, I am sinning according to this definition. I believe this was the intent of the first-century Christians when they adopted the word “sin”. The bow and arrow was the number one weapon of choice at that time for man to defend himself...so this makes sense to me.

Emotions are a normal part of the human condition. Because of this emotional condition, I will need to “grieve” the loss of someone close to me, some situation, or even my own

demise. There are negative consequences to resisting emotions...I'm resisting nature if I resist the grieving process. I should express this natural grief to its fullest extent necessary. I will know the extent instinctively provided I am aware that this "grieving" is an emotional reaction, but has nothing to do with the other principles of life. In the emotional grieving process, I can still maintain the awareness that death is normal and should not be feared. Not only is it okay to express my emotions, it is detrimental to my health if I resist it. Whatever natural emotion reveals itself during this grieving stage should be expressed, not forced however, but not suppressed either. Do not pretend to feel feelings that are not coming naturally because you think the world expects this of you. That is also not healthy, physically, mentally or spiritually.

The clock and the calendar are man-made delusions that we are all in agreement of. They are not of God. If "man" goes extinct, so does the clock, the calendar and all languages. God knows nothing of these things...my spirit/soul knows nothing of these things. The Chinese don't recognize our clock or calendar, so I doubt that our Creator does. We are eternal and eternity is not measurable in the human mind by any type of linear scale that man could come up with. There is a dimension of "consistency" that affects our existences, however our attempts to scale that dimension with a clock and calendar, in my opinion, are futile at best. In other words, please do not compare the amount of time necessary for you to grieve with anyone else or any other situations you might experience. Allow yourself to feel whatever you need to feel, for as long as you need to feel it...don't put yourself through feelings that aren't real...when you're done grieving, it's OK to go back to your normal life, trusting that you have not lost anyone or anything. Spiritually, the person who has passed on is still with us, if we really are eternal.

God is everything or God is nothing...which means that you and I are part of God, not separate from Him. This means that there is nothing that is not God. Believing this or not believing this is not going to change whatever reality is, but it will change your perception of reality. So what is your choice to be? The creator of everything obviously allows for either delusion. Pick your delusion...they both have a price tag attached. Which one is more affordable? Which one is more beneficial? I see no evidence that the human spirit dies and goes into nothingness. Nothing else on the planet does, why would I think the spirit is the only thing that doesn't take on a new form?

If I believe and feel this awareness, then when a person dies, we haven't lost anything or anyone...they have only taken on new form. We are still part of one, and will always be part of one. If you believe in eternity, then life is just a flash in time anyway. No one is getting out of this alive...some are moving in to the next form quicker than others. It's like a trip from the west coast to the east coast. Some want to take a rocket-ship, others want to take the Pony Express. Either way, we're all getting there eventually. Our natural instinct, of course, is to prolong the inevitable, take the Pony Express. There is so much unnecessary premature death. Our natural instinct is also to do everything we can to prolong it in others. We not only want to self-preserve, but we also have an instinctive need to help others self-preserve for as long as possible. Next I want to address why the human condition is always shocked by suicides and why our instincts cause us to try to prevent it in others.

When I was truly suicidal, I was not telling anyone. In my experience so far, with one or two exceptions, every person that has committed or attempted suicide, was serious about it and DID NOT talk about it, prior to the action. This leads me to believe that if someone is talking about suicide, it is actually a good sign. What it means to me is that they really are not suicidal; they are hurting and want help. One thing for sure is that we need to take them serious, just in case they are suicidal, but also because they are simply hurting. I believe the same to be true when someone is telling me that they want to drink after periods of sobriety, knowing the effects the drink has on them. This is not sane thinking, but if they really wanted to drink, they'd be drinking, not talking about it.

Suicidal thinking is a result of prolonged self-obsession. Suicide goes against our true nature which is to do whatever we must to survive, even though all of our efforts only prolong the inevitable. In our attempts to help others, the sooner we can get them in the habit of thinking of others the sooner we will minimize the amount of suicidal thinking in our culture.

When dealing with a suicide after the act has occurred, we can assure ourselves that this person who has passed is in good hands and is at peace. We find sadness in the knowledge that the prematurity of it was so unnecessary. It gives us cause, however, to re-examine our primary purpose in life and re-examine our culture. In examining our culture and our priorities, we should, individually and collectively, ask ourselves why we are not talking about spiritual principles and not teaching them to our children. As far as the person who has committed suicide, maybe we can give their life some purpose and celebration by using the experience as more motivation to make our spiritual pursuits, and the spiritual pursuits of others, a little more priority than what the world has taught us to do.