

# Death is a Fiction

BY SADHGURU

**Y**ou have no first-hand experience of death, you have never met a dead person, you have not seen a dead person - you might have seen dead bodies, but you have never seen a dead person - you have not met somebody who has who come back from the dead to tell you about their death. You have not heard it, you have not seen it, you have not experienced it, but, even so, you believed that there is something called death. Death is a fiction created by ignorant people. Death is the creation of the unaware. If you are aware, it is life, life, and life alone.

If one has to experience the eternal nature of life, one must kill death. If death is alive, then there is no eternal life. Only when you put death to death is there eternal life. If we look at life and death as a happening in terms of your experience, one thing that we can look at is your breath. Your inhalation is life; your exhalation is death. When life began for you, as you know it today, when you were born, the first thing you did was inhale. And, what is the last thing you are going to do? You may say, "No, I am going to think about God. I am going to say, 'Shiva.'" Nothing like this is going to happen. The last thing you will do is exhale. You exhale now; if you do not take the next inhalation that means you are dead.

I want you to experiment and check right away. Exhale deeply and then inhale deeply. Which is more relaxing? In fact, whenever you get tense,

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the natural mechanism in the body wants to exhale. This is what you call as a sigh. It relaxes you a little bit. So between life and death - life needs a certain tension, otherwise you cannot keep it going. Death is utter relaxation. In the very process of life, if you know the relaxation of death then life will be an utterly effortless process.

This is how it would have naturally been if your mind had not banished death as evil. If your traditions and cultures had not taught you that death is evil - it should be avoided - you would



breathe in a completely different way. Right now, if you observe, for almost ninety-nine percent of the people, their exhalation is never complete, because their mind has rejected death, their exhalation will not happen totally. This is one of the reasons why, over a period, you build up so much tension within the system that it reaches a point of snapping, mentally and physiologically.

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