Overcoming death

BY SADHGURU

How do we get over the grief associated with the passing away of a dear one?

Sadhguru: A woman lost her husband and was grief stricken. She hung on to her three children. However, her eldest son died a year later, followed by her other two children soon. Unable to bear the pain, she took the last boy’s body and went to Gautama Buddha and said, “You and all your spirituality mean nothing unless you can bring this boy to life. My husband died, I bore that. My eldest boy died and then my second son. Still I held on. Now my youngest son is also dead. If you are real, prove it now by bringing him to life.”

Gautama said, “I will bring your boy back to life. Go and get me a few sesame seeds from a house that has never known death.”

The woman went looking for a home that had never known death. After going through the entire town, she realised there wasn’t a single home that had not experienced death.

How does one go beyond the grief of losing a loved one?

When we talk about going beyond it does not mean forgetting. If your child dies you just cannot tell yourself that it is okay, that it is natural. The fact of life is that those you are attached to are not yours once they pass beyond the realm of this life. What happens is reality. I am not being insensitive. I am saying it is time to accept things the way they are. Acceptance is about understanding that just as there can be no light without darkness or man without woman, there can be no life without death. Would you even have a perspective of what life is if there was no death? Life is what it is only because there is death.

It is time to accept this and look at what you can do with life. If somebody very dear to you has passed away, do not turn yourself into a wreck. There is so much life around you which needs love and care and if you need to find expression for the love and caring in you, please do that. If you do not, your grief will remain bottled up and will torture you for the rest of your life. If you have lost one son, adopt ten. Your son can become the foundation for something beautiful. You have to take that step.

What is happening within us is being created by us. If we are willing, we can change that too. And as long as you are alive, it is important that you see how to contribute to the living because there is nothing that you can do about the dead.

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