



# Death

is not to be taken seriously  
it is just a change of address

by Paul Lowe

Despite its inevitability, death is not part of our everyday lives. Our society purposefully ignores two things: sex and death. So they haunt us forever; we never really deal with them.

Death is seen as The Enemy. At the back of most people's minds, death is not going to happen to them. And if it has to, they want to die peacefully and without pain and distress. The fact is most people do not die peacefully and without distress. The fact is most people do not die peacefully and without distress.

Not only do we not live healthily we do not train for death; we live as though it is not going to happen. Yet the fear of dying is always with us.

If you are going to take an inevitable examination, you study for it. If you are going in for a competition, you train. We study, train or are trained for almost everything except the most important things: sex, parenting, and death.

Life after death is a well-documented subject. Even the leading edge of science says it's possible. There are many reports from people, and books about people who have returned after clinically dying for a short time -- Near Death Experiences. Their reports contain many similarities: life continues, just the form changes, and the new form is more fun. A lot more fun.

It is said that just before we die our life passes before us. All our life experiences are presented to us. What is unfinished becomes regret. Our unconscious actions, our self-centered decisions are shown to us for our consideration. There is no judgment to this, as there is no judge -- just facts are presented for us to consider. We consider the many things in our lives that we have done or not done -- what we would like to be different. Our distress, regret, happiness or peace

- even our death -- is created from the balance of what we wish to do and actually do.

If you are reading this, you are still alive and in your body -- so there is still time to balance your life. You can still die peacefully and without regret. Better still, you can live peacefully and without regret, and more pleasant and happy way of being.

So, what to do? First, don't judge yourself for anything you have, or have not done in the past. It is done and gone. Start a new life, now. If there is anything from the past that you can correct, take care of it. Then, the big one -- let go of your complaints. Instead of looking at things as if they have gone wrong, or could be better, be grateful. Very grateful, for what is. Be joyful for what is. Be generous. Celebrate. Next on the agenda: completion. What are your regrets? What have you not done that you would like to do? Do it. Go there. Meet them. Buy it. Complete.

Then start to study the inevitable. Read books on death. Go to funerals. Go to the terminally ill hospital wards. Talk to people who have clinically died and returned. Stare death in the face. What is death? Who are you? Above all, don't take it seriously. When you meet the people who have died and come back you will find that they are not serious about it -- in fact many of them wish they had not had to come back!

I know the tendency: even if you agree with what is written here, other things seem more important than spending time studying death -- until it is too late. Although you may not think this is a fun subject, death is inevitable. And you can find the time and energy to prepare for it now -- while you are still well and fit enough. So, be grateful, enjoy life, and go for everything that tickles your fancy. Enjoy!

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