

IN BEREAVEMENT

TO LIVE LIFE IS NOT ONLY TO ENJOY LIFE DURING ITS PLEASURABLE, BLISSFUL ECSTATIC MOMENTS. BUT, ALSO TO BE CONTENT DURING ITS GRIEVOUS SORROWS AND TRAGEDIES. AS LONG AS WE LIVE WE NEED "ACCEPT" THAT ALL LIVING THINGS PERISH AND DIE; WE COME, AND WE GO. AND THUS, THERE IS NO ABIDING ENTITY BEHIND THE SENSIBLE APPEARANCE THAT PRESENTS THEMSELVES TO US.

UNDERSTAND: THERE IS NO SEPARATION BETWEEN GOOD AND EVIL, LIFE AND DEATH, IT IS ALL ILLUSORY. YOU GRIEVE AND ARE NEEDLESSLY IN PAIN; YOU ARE LOST IN YOUR UNKNOWINGNESS. SIMPLY SIT QUIETLY IN MEDITATIVENESS.

IN TIME SOMETHING MIRACULOUS AND WONDEROUS WILL DESCEND WITHIN YOU, NOT AN ANSWER, RATHER A CALMING UNDERSTANDING OF SATISFYING KNOWINGNESS; AN INNER PEACE.

BY OTIS LES RODGER