

## Birth - Death and the Little Dash In-Between

by Michael Levy.

It took a long time before you were born... I mean a long, long, time. In fact, you could say it took an infinite amount of time before you were born, because your infinity was floating around before your birth. You now have a few years on earth before you will go back into infinity, with no physical presence on earth... at least, not in the mind and body you now rent for your present life-time. You are still in infinite mode right now but with all the mortal distractions; not too many people are aware of their true identity.

'If we could see the miracle of a single flower clearly, our whole life would change.' *Buddha*.

Yes, we had a long time to think about what we wanted to do before we were born. We were given instructions on how to enjoy every moment... How to soak up all the splendour earth provides. Also, just think about all your ancestors and what they had to endure to survive the family line that leads to you. You do not have to be a historian to know about all the wars, famine, hardship, and difficulties your past generations had to bear, before you popped out the womb.

'The learning and knowledge that we have, is, at the most, but little compared with that of which we are ignorant.' *Plato*.

Was it worth all the past turmoil and suffering to get you to your present destination? Do you feel grateful to your ancestors, or have you never bothered to thank them for their gift of life to you? Come to think about it, have they passed authentic information on to you, or has it been tainted with false be-lie-f systems?

'Dost thou love life? Then do not squander time, for that the stuff life is made of.' *Benjamin Franklin*.

How are you doing regards following the cosmic script that was written billions of years ago before time began? Have you forgotten your original lines transmitted to all life forms from the fountain of universal wisdom?

Are you ad-libbing your role-plays and ignoring simple insights? Are you making up new unfounded viewpoints without a happy purpose objective? How quickly are you dashing - through your life right now? Is your heart continually racing away at a fast beat? Do you have no time to catch your breath?

Does each day seem to be a flash-in-the-pan, just like a flash of the camera? Is your life a case of Birth-dash-Death - over and out? Is that all you want to embody before the lights go out?

'And in the end, it's not the years in your life that count. It's the life in your years.' *Abraham Lincoln*.

If not, then why not take the dash out of your life and your life will no longer be connected to your death? What are the obsessions that dash you to your death? Anger, fear, jealousy, hatred, and all negative emotions. Also, unhealthy foods, smoking, alcoholic drinks, pollution, lack of exercise, all lead to a chronic disease-laden death.

'Science is organized knowledge. Wisdom is organized life.' *Immanuel Kant*.

It not only dashes you towards ill health, it also depletes your wealth, because health-care does not come at a cheap price. Many people's bankruptcies are caused by payments to expensive medical establishments whose re-medicines carry a hefty price tag. However, the good news is, most birth-dashes-to-death can be eliminated with the appropriate mind-set.

'And we should consider every day lost on which we have not danced at least once. And we should call every truth false which was not accompanied by at least one laugh.' *Friedrich Nietzsche*.

With no dashes to join you up to your demise, you will be free to live a healthy, prosperous life on earth and each second will be lived in a serene, tranquil paradise. Taking the dash out of your life will give you time to recall your cosmic script, written by the creator/evolver who thought up your lines in the first place... You can never replace originality with fake copies; sooner or later your mind and body realizes it has been deceived by an erroneous ego and hits back with disabling illness. The earlier you realize that fact, the sooner you will live more authentically in good health.

'A useless life is an early death.' *Goethe*.

There is no need to find newfangled ideas on how to enjoy your life since if you tune into each cell of your body and do the things that keep them happy, health will be your reward. The seconds will tick slower to the rhythmic celestial beat of the cosmic band and so will the heart that is in tune with it.

Your breathing will be leisurely and measured and the only thing you will need to catch is your smile in the mirror. You will no longer feel the need to march to the pulse of anyone else's unsound drumming.

'However mean your life is, meet it and live it; do not shun it and call it hard names. Cultivate poverty like a garden herb, like sage. Do not trouble yourself much to get new things, whether clothes or friends. Things do not change, we change. Sell your clothes and keep your thoughts.' *Henry David Thoreau*.

Your time on earth is just a spark in cosmic terms. So, keep a smile on your face and enjoy every moment of your time on earth. When you project true joy, you do a good deed for other people to copy. And when the time comes to depart to your eternal home, you will be able to sit alongside the writer of

your original script. You will be able to chat like old friends because you will realize the authentic writer has been in your heart-felt smile all the time you were on earth.

'The universe is transformation; our life is what our thoughts make it. Remember that no man loses any other life than this which he now lives, nor lives any other than this which he now loses.' *Marcus Aurelius*.

If you feel the presence inside you now, as you read these words, you are now sensing the great wisdom that all the wise sages have embraced. You have now become a polished pearl of wisdom and nobody on earth will be able to wipe the smile from your kind loving face. Life with no dashes surely makes for a prosperous life of joyful vitality. Treat every day as your miraculous birth-day and you will be treated to a miracle presence on earth that no money can buy - who could ask for anything more!

*Tell me not, in mournful numbers,  
Life is but an empty dream! -  
For the soul is dead that slumbers,  
And things are not what they seem.*

*Life is real! Life is earnest!  
And the grave is not its goal;  
Dust thou art; to dust returnest,  
Was not spoken of the soul.*

Henry Wadsworth Longfellow

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