

Reincarnation

The Dance of Life and Death



Bakersfield Meditation Society
www.bakemed.com

Reincarnation is a Dance

Reincarnation is a dance. Spirit and matter join together for awhile like two partners and have experiences in this world. At the end of the dance, the two partners rest for awhile before the next dance.



Reincarnation - Three Bodies

We are Eternal Spirits, and we live forever, in one form or another. We have 3 bodies: physical, astral, causal.

We are all familiar with the physical body.

The astral body is a body of light and is composed of millions of fibers of light and energy. The astral body keeps the physical body healthy.

The causal body reincarnates from lifetime to lifetime. It is the thought/feeling aggregates of who we are at a deep level.

Nirvana

Inside everyone, is just a touch of Nirvana, that shining and perfect light. Nirvana is inside of all of us. It is inside our mind. All things are within our minds. All heavens and hells.



The Bhagavad Gita

Worn-out garments are shed by the body:

Worn-out bodies are shed by the dweller

Within the body.

New bodies are donned by the dweller,
like garments.

-- Krishna



The Bhagavad-Gita

Death is certain for the born. Rebirth is certain for the dead. You should not grieve for what is unavoidable.

You and I, Arjuna, have lived for many lives. I remember them all: You do not remember.

– Krishna



Reincarnation

Reincarnation a cyclic process. There are endless universes, endless dimensions, endless levels of creation. In each one, something similar is happening - the evolution of spirit through matter.



Reincarnation

Advanced souls seek enlightenment.

Souls that are not as advanced seek happiness and pleasure in sense experience - getting more stuff.

The advanced soul seeks real happiness in the world from absorption in the world of spirit and worlds of light.



Reincarnation

Why bother to learn about reincarnation?

So we can understand where we fit in, in the process of life and death.

There is not much we can do about past lives. They are already done.

Our future lives haven't happened yet and are too far away to really be concerned with.

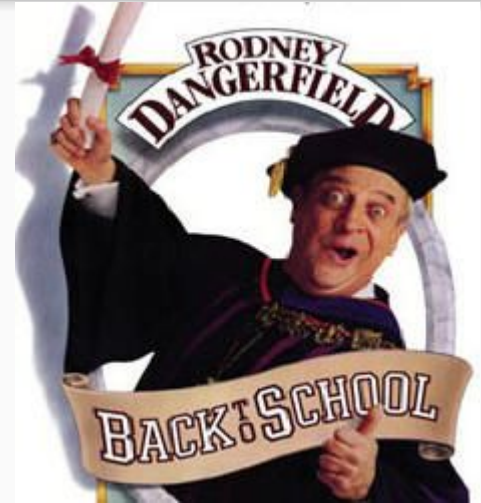
That leaves our focus on this life.

Reincarnation - Going to School

Think of reincarnation as going to school. When you go to school, you're in first grade, & then there's summer vacation. Then there is second grade & then summer vacation.

You don't go back to first grade, unless you failed the course. If you fail it, you take the courses again & move on.

You are studying how to become happier, more knowledgeable, balanced and free.



You Can't Take It With You

The Pharaohs of ancient Egypt tried to take their possessions with them into the Other World. That doesn't work. They went - and the goods stayed.



Reincarnation - Death is Not an Ending

The knowledge of reincarnation helps alleviate our fear of death, especially for older people.

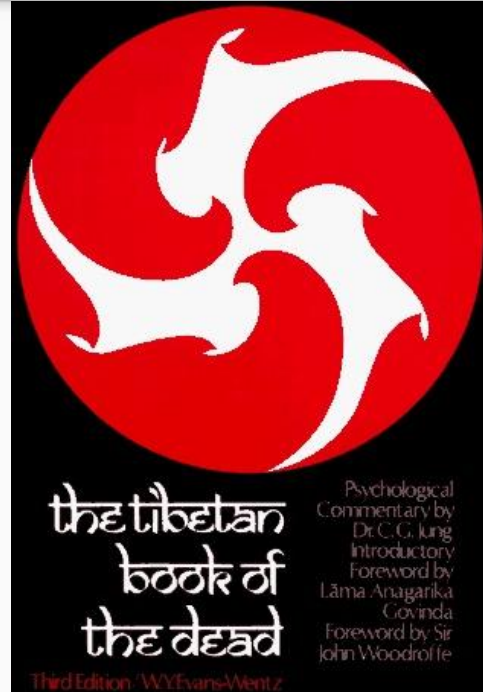
Death is not an ending. Death is just a pause between births. This knowledge makes it easier to deal not just with our own death, but the death of someone we love. We get the sense that we can be with them again.

Even if your life is not tuning out the way you want it to on a physical level, if you meditate deeply, learn from life and study it - then no matter what happens to you physically, you will have gained from this life.

The Tibetan Book of the Dead

The Tibetan Book of the Dead is a kind of travel brochure for the states of mind between death and rebirth. In Tibet, someone would read the book to the recently deceased in order to remind the deceased about how to deal with the bardo states.

The real value of the book is to read it while you are alive. “O Nobly Born, be neither attracted to or repulsed by anything you see, touch, taste, hear or smell in the bardo. Know that everything springs from within your own mind.”



Journeys

Some souls have different journeys. It's not important to know what other souls do, it's important to know what you should do.

If you seek Enlightenment, you should know that there is a definite way to progress, store and amass power, to reawaken past life power and to continue your journey.



There is No Santa Claus

No one keeps a list of your good and bad deeds like Santa Claus.

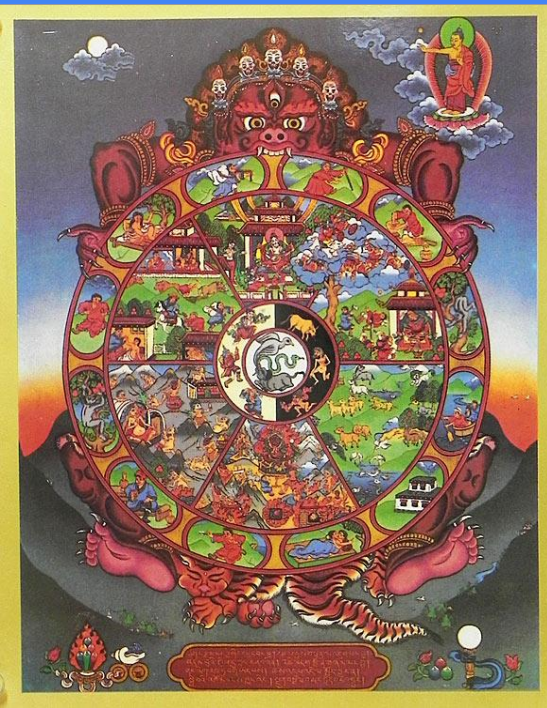
The esoteric understanding of reincarnation is that you will be in your next life the sum total of realizations you have had in this life.

If you are happier every day, then you are definitely practicing Buddhism.

If you are not happier every day, then you are definitely not practicing Buddhism.



Tibetan Wheel of Life



The Wheel of Life shows 6 worlds: god realm, demi-god realm, human realm, hungry ghost realm, animal realm, hell realm.

The Buddha in the top right-hand corner is pointing away from the wheel as if saying “get off the wheel of life and death and go beyond all worlds to nirvana”.

Reincarnation - The Best Life

The essence of reincarnation is to have the best lifetime now that you've ever had, no matter what is going on.

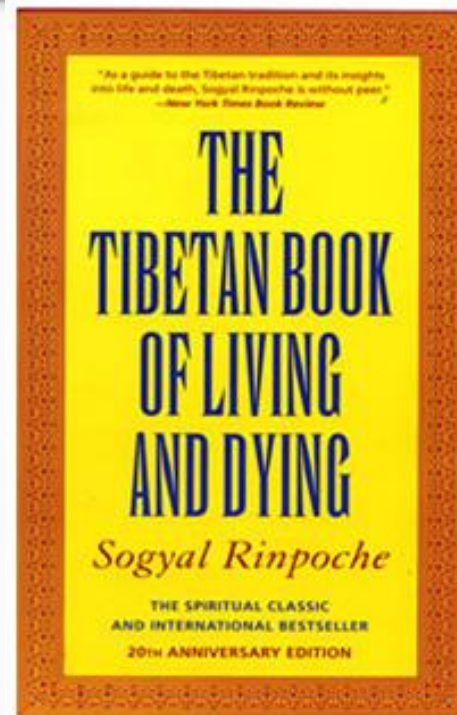
Don't worry about your future life - simply have a wonderful life now and to be as happy as possible.

Death is not the end and our practice in this life will assist us in our next life.



Tibetan Book of Living and Dying

The Tibetan Book of Living and Dying by Sogyal Rinpoche discusses the warm, beautiful and compassionate teachings of how we can deal with death and dying in a mature and loving way.



References

1. The Enlightenment Cycle, chapter on Reincarnation, by Rama - Dr. Frederick Lenz.
2. The Bhagavad-Gita by Prabhavananda & Isherwood
3. Tibetan Book of the Dead by W.Y. Evans-Wentz
4. Tibetan Book of Living and Dying by Sogyal Rinpoche
5. www.RamaQuotes.com

