

Day 34 Viral Wisdom 5 13 2020

27 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=CV82UPVB0LI](https://www.youtube.com/watch?v=CV82UPVB0LI)

<https://www.youtube.com/watch?v=cv82upvB0LI>

SUMMARY

The final session of the wisdom course focuses on the fear of death and how it shapes our lives. The speaker emphasizes that our societal conditioning leads to a deep-seated anxiety about death, which in turn affects our ability to live fully in the present. By confronting the reality of death and embracing the unknown, we can cultivate a more authentic and meaningful existence.

- Death is a universal fear that is often avoided in cultural discussions, leading to anxiety and superficial living.*
- Society celebrates birth but rarely prepares individuals for death, creating a disconnect with the natural cycle of life.*
- The quest for knowledge and control over life often leads to a fear of the unknown, which is central to our fear of death.*
- True power lies in embracing uncertainty and living in the present rather than clinging to the future.*
- The speaker argues that understanding our mortality can liberate us from societal pressures and allow us to live authentically.*
- Death is a natural part of life that facilitates transformation and renewal, both personally and ecologically.*
- The current global situation (e.g., the pandemic) serves as a reminder of our mortality and the importance of living fully in the present.*
- Joining a supportive community can help individuals navigate their fears and foster a sense of connection and empowerment.*

hi everyone welcome to my wisdom course sign in tell me where you're signing in from I'm so excited to see you all hey everyone tell me how you're feeling tell me what's going on hi everyone welcome to my final wisdom course I think day 34 something like that I am so

honored that you're here sign in and tell me where you're signing in from hi Andrea Petra from Belgium deepali from London timki from Slovenia so happy that you're here hi DJ ich Keiko Lee Daria from Lebanon

nella from Jordan the one powerful thing about this moment in history is definitely our connectivity online and people really connecting together online so happy to see you all Natalie from Athens Greece so I'm just going to give people among to sign in and connect and

then we shall begin hi Sameera Andrea okay so today I want to just focus on death and our collective morbid paranoia phobia of death so if you are in the slightest afraid of death which every mortal is I suggest you take a moment to

listen it you know my talks are not entertaining necessarily and they're not here to make you feel good necessarily if it's that if that happens wonderful I'm here early to teach you about wisdom and how we can find the most wise way forward so sometimes that kind of sucks sometimes that means seeing yourself in the mirror seeing

some brutal truths about yourself and you end up feeling worse than when you began listening to me I always say this about my courses my conferences you know listen to me at your own risk because I'm not here to necessarily make you feel good which to me is a transient little blip in your screen and here to allow you to see your unyielding

unending wisdom and here to activate your deeper power but that means foregoing your momentary happiness sometimes so just know that listening to me has a hazard and I'm out there telling you about it so let's talk about death culturally globally we are let's admit it terrified of dying yeah no one is like today would be a great day to die you said no one ever

because we are not conditioned to do that you know when a baby is born we celebrate we celebrate with a baby shower and we're so excited we when we're pregnant we go from the math classes and breathing classes but who is really you know having a death shower who really is having classes to prepare them for dying and really it's in this very simplistic differentiation that

death has a unique hold over us which actually causes suffering which actually causes terrible pain we just don't realize it so let me explain we are conditioned to only see this the scene and the moment we can't see the scene we enter anxiety death is the unseen death is the unknown

our entire life is to know our entire life is to predict our entire life is geared to give us a sense of safety and comfort hence every culture has come up with its own post life story you don't know some say you were heaven some say you go to the seventh time some say you go to the bar those different stories to allow you to feel that you know what is essentially

unknowable which is what will happen to you after death because we are terrified of not knowing what the hell is going to happen to us it's two unseen and two unknown and the human mind cannot bear the unseen and the unknown okay this is a fact of your and I human mind notice your life you must know you must control you must feel certain you know it and I

know it who knows it best if they're very honest a parent because a parent must design their child's life that's why I teach conscious parenting because I see the parental ego as the most insane ego of all doesn't mean the other egos are not as insane you just see it bold or dishes and unabashedly parent because the parent not only wants to know their own life not only wants to

control their spouses life or their partner's life okay with the ring the leave your contract no problem because I

talk to adult no problem to fools wanting to control each other no problem but when we get to our children children who come with this unbridled spirit to go anywhere their destiny desires to be anything to believe in any way shape and form whatever their heart desires we

take that away we abduct them from that capacity to wander through life to discover we take away our children's capacity to discover to stay in the unknown to quest every spiritual process begins with a quest what is a quest quest is question question mark question mark means the answer is not known yet you're staying in the question you're staying in the quest in the unknown what

does that mean that means it is to be discovered and it will always be discovered it is not yet the not yet is an endlessly creative process it is a hugely metamorphosizing process it's constantly in flux it's constantly burdening and you don't know what's gonna happen next this is childhood we have taken away the quest from our children's right to have

a life of discovery we've taken it away and do you know how abducting and peeving that is right I talk to parents with such love don't I but since I'm a parent I can get away with it because I have two I've stolen my daughter from her right to know I have pretended I know I've told her what to do how to do it and I've told her such rubbish such as to you know be successful is to be happy

to be happy is to be happy and that she needs to do this and then she needs to do that and then she that although the wise knowing because I know a little bit better than that that I am talking through my behind ok and look like I'm talking to my mother talking through my and yet I keep doing it because culture has given parents this unbridled power to do what the f they want so we do it no problem but

just understand what we're doing in terms of death it's all related when you take away the quest from the question mark of life and life is constantly a question when we take away the quest we do not enter the path and the portal of evolution because to evolve means to be in it in an eternal quest in the eternal question question so this is what we need to stay in to understand how to

live life the most powerfully the most bountiful and here seems a paradox how to live in the question and be most powerful because Western culture has told us that to be most powerful you have to know but Eastern mysticism understands that too to think you know is out to be powerful is to be an idiot is to be a fool is to be ignorant because the truth of the truth of reality is that it is forever a

question mark and therefore you have to forever be in quest but the Western mind because the Western man wants to know and control and make mechanized and robotized and ultimate eyes everything because there's a shortcut for everything the Western mind is taking us further and further and further away from nature right it's taken us further and further away from the earth and the earth is what we come from from the mud from the dust from the soil from the

worms from the bacteria from the seedling that is who we are the roots are there where are the roots in all of nature the earth look how far we are from Earth by mechanizing by creating urbanization and and robotic ways of living we are further and further away from the earth and by going further and further away from the earth because when you live close to the earth you are at its mercy to be at its mercy means

you're forever in the flux of the creative genesis of the earth herself earth is creative potential constantly it is constantly birthing itself yes earth is constantly birthing but that means earth is constantly dying it is constantly in the unknown it's constantly moving there is no there is no paralysis in the earth it's constant flux constant movement constant

transformation constant quest because we don't know when you shake that tree what leaves will fall we don't know because this is the nature of life we don't know it's constantly a question mark our fear of living in the question mark our fear of living in the quest of the question mark is the fear of death and so we create a life of artifice and artifact and

superficiality and deceit because we pretend to our children and to ourselves that we know that we're certain we can predict we not only have done that we've also created that we know the other worlds and we've created a whole other other systems beyond what we can ever know because the unseen in the unknown is too terrifying for us yet our bodies our human bodies with 50 trillion cells that generate

every other two days of for days or weeks on our body is generating and regenerating all the time red blood cells take I don't know two weeks to be completely regenerate white blood cells get four weeks what that means is your skin is not the same it just looks the same in some ways the old tissues look the same but a lot of our skin is new but for the skin to be new the skin has

been dying yeah but you don't mind that as long as it looks the same but in death find the depth of the physical nothing looks the same anymore and the body truly decomposes back to earth ashes to ashes dust to dust but the real spiritual meaning of that is you are always always ashes always dust and this physical form that you twirl your hair you put your little blush you wear your tie and your suit

this is all you know mockery of who you really are it's all trickery or charade but disguise this is not who you really are who you are is poop and busts and gore and blood it's just covered it's just covered up because we don't see it the unseen we just don't wanna don't want to believe it we only want to go with what we see but this is not who we are you and I are not our clothes but yet we

define each other by our clothes UN just the same at the end of the day 99% of us are just the same the 1% change in the DNA they give you you know lighter skin than me and did lighter hair than me woopie at the core we are one with all of life we are the same as every other animal and especially in the preneur MO especially the chimpanzee especially that subset of primate we are animal but we have covered ourselves

with all this to them believe we are all this but this is not who we are so if we understood our true nature that lies beneath this cover up we would not be in constant terror of death we are ash we are dust we are pus we are virus we are bacteria why does bacteria live forever which is the most resilient entity on earth probably the virus is the bacteria so this one this corona

virus has taken us for a sixer right has taken us for a spin why because we want to pair to be lesser than a virus we thought we were more dominant than a virus but this virus has shown us for the first time in our lives then none of us can say what will happen in a month not even in a week for the first time we don't even know whether we will live or die to see tomorrow to me this is an

epiphany to me this is a wake-up call to many others it's depressing I understand it's depressing because we have not prepared we didn't go for the mass classes to understand the meaning of death death it's constant it's happened right now right now your cells are dying right now you just don't see it because you don't see it you don't think it's happening that is I loosen as death happens so does life it is constantly a chain of cause and effect

so your final form death of this form it is not the end of your life it's your end of your fall based life in this form yes but what happens now I won't finish now I also will not tell you this Rises with wings and joins other souls of your ancestors up in the sky and they're welcoming them with like a warm embrace I know you want me to but I can't tell you that because I don't know

and I'm okay not knowing what I do know is that the body will decompose you may not like that word but that's okay because it becomes compost for the soil I am okay with that you may not be okay you want to be flying in the sky going to meet your great-great-great-great grandmother I understand I hope that happens but I don't know so I can't say it does and I'm just being tongue-in-cheek yeah but really we don't

know it does okay we don't know who we're gonna meet there so don't try to fly too fast at least go slow watch out you don't know what's out there don't make up your own story but and who said your great-great-great grandmother wants to meet you yeah maybe she's having some good sex somewhere you know like don't disturb her all I'm saying so calm I know do know that everything transforms energy transforms so your body decomposes that

the word that we don't like sorry but it becomes compost food for the next how are we not are we not supposed to be food for other creatures are we only supposed to eat other creatures why can't we be food for the next and in this beautiful way constantly transform because our eco doesn't like it an eco doesn't want to just be food for the grasshoppers and the beetles we're like huh all my work and legacy and I'm just

going to be that right no I want to reincarnate into matzo and I want to be the next big Beethoven huh okay because you think that that is who you are you know to play an instrument where a lot you look pretty that's who you are and as long as that's who you are you will constantly resist them instead of understanding okay I can be foolish in my ego while I'm living from ashes to ashes in between I could be a food no

problem but it doesn't take away the fact is I am dust I am so sooner or later we want later we want really later but it doesn't matter because the universe doesn't look into longevity the way we do we think it means a good life really can I please die after 80 and then after 80 summer where like he had a good life how do you know he had a good life he just had a long damn life

maybe it was a miserable sob his whole life oh but he had a long life no length doesn't make a difference to the universe you know if you shake a tree you could get the green leaf and the brown leaf right do we say oh sorry green leaf go back let's paste it back on the tree no that leave the tree shuts it because some green go and some brown but we were like no only the brown

should go because a long life is a good life who's that a life is a life is the life it will go when it will go this is the harsh truth about life but we want to live but we don't want to understand life to live we must understand the nature of life and the nature of life is death how to how to sugarcoat this it's brutal it's brutal no one wants to die number one no one wants their love wants to die

why because we're deeply attached we're deeply attached of course no one wants it but what to do it's part of this team story called life why here as long as we go we're going to die okay I'm so sorry you want to live you have to die they go hand in hand now how to prepare for it with beauty how to prepare for it so you don't become you know nihilistic and apathetic and depress and I don't want you to

leave this talk more depressed I want you to understand what I'm about to say when you understand that death is Democratic death doesn't know time space age color creed Beauty race death doesn't understand a good death versus a bad dump a lonely death versus a death with all my family holding my hand singing mean songs that doesn't doesn't care about these things because that is just like a time to go just like time to

be born it's just natural life processes so death is not mean or cruel it has to occur for life to continue if the ancestors were still you're here the Neanderthals at the dinosaurs we wouldn't be here you want to be here something had to die what to do what to do right if you want to lose weight if you're obese if you're 300 pounds and you want to lose weight the obese you has to die you understand it's spirit if you want

to be in a new career the old career has to die so similarly if the Homo Sapien wants to be here then one more rekt I have to die and then the dinosaurs had to die now what to do we want to live but we don't want to die how can we do that then we'd have a mess in the world which we already do so the the moment you are going to surrender surrender surrender and the word surrender sir su

is on to be on top like to hand over and the render is the hand handing look up the word surrender it means to hand over to give over over soon is over and render is hand so the minute we hand over the delusion of our longevity then something beautiful happens then you realize what am I doing with my breath right now what am i doing with this life

right now then you realize oh I've been living dead I've been living dead most of us are living dead you know what most of you are dead to your true selves most of you are dead to your courage because you're so scared of losing love from the other side most of you are dead to your creativity and passion because you're so afraid of failure most of you are dead to living free because you believe you need to be enslaved so in death you want

to be free meaning you want to be free of data but you don't realize that while you're living you're living there so when you realize that you could die and this coronavirus has shown us ah hello humans you could die at any moment then you start clinging to the future you stop trying to predict and control the future so if you look all your like effect I logo if you if you aren't meeting the love of your life you're

like FA I'm here now you stop wanting to control your present because you want to control your future it is what it is what it is you begin to surrender to what it is and you begin to come alive to the present moment asking yourself every day how am i living now am i living dead am i living alive just because you're living doesn't mean your life to be alive doesn't mean just to have breath to be alive means to be in

the quest means to be read in the question mark in the constant unseen and unknown and this virus for the first time has taken us to that absolute place of surrender where we don't know and we cannot see what's next you're trying to peer into the future but you can't and for the first time it's teaching you it's this moment to this moment to this moment all I know is where my feet right now because I don't know where they my

feet will be ten steps from now this in itself is the biggest spiritual teaching to know that you don't know to know that wearing and predicting Lee to the future is absolute insanity so now you stop trying to control the future you'd only say is how can I control the present to be here right now so in order to control the present you need to be awake in the present means you need to be alive and

fully aware now you got to do some work now you got to be on your own now you got to heal yourself now your you have to go on an inner quest to to manage the situation right now instead of this controlling life steering life to the future you'd shift the gear and begin living in the present and now you understand the difference between living and being alive to be alive means to be whole here autonomous sovereign sorry to

say not dependent on others to give you half sure they could lend you happiness but you stop relying on them you stop desiring them to do that you stop controlling them to do you stop controlling life for the future you start controlling the aliveness you have in the living moment so this is how you turn things around and the mystery of not knowing doesn't debilitate you it empowers you the mystery of not knowing

doesn't debilitate you it empowers you because when you say I don't know you stop trying to control therefore you stop trying to control other people therefore you stop trying to control their approval which is the most important thing that has deadened you is the other's approval the others love the others endorsement you stop living for that because you realize you cannot control and now you begin living for you

for you sound selfish but it's so not it's authentic it's real it's raw it's a life and now you begin to ask am i living dead or am i living alive ok everyone I'm going to run off now because I have many things to do but I just want to remind you that my luminous community for women sorry guys it's only for women it is open and it opens only twice a year it's pinned on top of my

Facebook feed maybe you're in my Instagram feed too but in my links it's a sisterhood of the most incredible women and for just \$25 a month for those of us in the u.s. that is less than a mani/pedi the reason why I am reminding people to consider joining is because we see now more than ever the need for a virtual community but not only just virtual the need to be in a community where people think like you and are of the same

courage as you and the same sister hood and commonality as you and community doesn't mean your family of origin it so doesn't it means who you've intentionally invited to your life to be part of your circle and that's what luminous is about so the information is on my website it's everywhere right now the doors are open and love for you to join it's an incredible community and you will meet incredible women I will see you all in the next moments of life hope

to find you fully alive