

change towards a virtuous life. Spiritual enlightenment is not time bound. It can happen to anyone at any time .

Can you experience fear of death during sadhana or meditation? If so, what do you

do? Yes, it happens, Why it happens? We are attached to our egocentric existence. In sadhana, the ego

starts fading away and we don't know "who am I now." This fear of death disappears when one develops knowledge of one's real Self.

When I was faced with a life-threatening situation, I felt a fear of death and then it **changed into attachment to life.** Is that a disguised form of fear of death? *Both mean the same. Abhinivesha klesha. It is one of the five afflictions in life : 1) ignorance, 2)*

egoism, 3) attachment, 4) aversion, 5) fear of death or attachment to life.

Could there come a point at which there is no value to prolonging one's life? When living becomes more painful than the pain of dying, then we cry out "I would rather be dead."

So we accept it in one level. We want to live if the quality of life is good. But on the other hand, the attachment to life doesn't leave us. I saw a leper in India: no hands, no feet, no nose; all rotted away. I asked her if she wanted to die. She said, "No, I can still move around.

Ramana Maharshi and other realized beings suffered so much pain in their life. If

God loves these realized beings so much, why do they have to suffer so much? Samskaras of this body are worked out by going through physical sufferings.

Ramana Maharshi lived

in very bad conditions which affected his body. The question is how it affected his mind.

Only one who did not relate oneself with body-mind complex can tell. I knew a saint from

Kausani, "Brahmachari of Kausani." He was from a kingly family and renounced everything. In his youth, he was worshipped as a siddha. In his old age, he had

abdominal cancer. Two of his disciples were taking care of him. Brahmachari would cry out of pain. The two disciples would say, "he is above all pain," and ignore his cry. How did he feel? Body samskaras are worked out when the body dies.

Is it necessary to go through intense physical suffering, like self-torture, in order to detach from our bodies? A wild horse gets punished in training. After the horse is

trained, only words are enough to guide the

*horse. Ignorant mind needs torturous austerity until one understands the truth of life. **Or does somebody have to get cancer or something in order to realize they don't want to be in this body and detach from it?** Pain in life, whether it is physical, emotional or devotional, develops dispassion for the world. It is not necessary to get some serious illness in order to achieve dispassion. Intense devotion to God is also painful but it brings dispassion.*

In order to detach from the body, do we have to go through the pain of the body or

can we just learn to detach through our mind? *Those who are intelligent understand the way to remove themselves by self-reflection. Those who are not so intelligent go through hard austerities. **What about an individual who feels so much deep pain, or they hate themselves so much, that they inflict pain upon others?** Yes, that can happen because they don't accept the law of nature. When living becomes harder than to die, then people do such things to die. They inflict pain upon others in various ways.*

How can we accept that pain? *It's very hard to accept pain or to make someone else accept pain because we cling to life and we don't want to lose our existence. But it's our duty to express compassion and love to sufferers.*

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