

Immortality

It's said Taoists know the secret to immortality. This is true.

Do you desire to live forever? Taoists¹ in the “know”, (not that there is a “know”), would chuckle at immortality; skeptics will always scoff, and those afraid of death will always cling to the hope of immortality.

Over the years quite a bit of mythology has accumulated regarding Taoism and immortality, so let's straighten a few curves of this mythology. Taoists have a history of long lives due to lifestyle. The ideals of Wu Wei remove stress, dietary traditions ensure healthy eating habits and daily rituals foster harmony between physical and meditative practices to establish fitness. The Taoist lifestyle creates a delicate balance promoting a long peaceful life. Taoists practice longevity, not immortality.

Immortality isn't defined by physical time.

A body will not last forever; the very nature of the body is to observe time in its limits. Even in the best conditions eventually accidents, disease, entropy or crazed weapon-swinging humans will mark an ending to a body's time. The whims of a larger universe dictate finite final bounds for a given lifespan².

A mind will not last forever. A limit exists to how much of the “self” can reside in a mind. Memories fade. In living, a person transcends through an experience of many minds. Aging itself is the process of change that shifts the mind around. A person might have a fundamental core perception of self, yet the manifestation of self changes throughout a life. I personally have lived at least eight³ distinctly different lives. How can the mind be immortal, when it shifts so readily into new life?

It's possible to approach a steady state in mind, body and spirit to live quite a long time indeed. Yet the distinct limits of the mind and body also dictate the nature of immortality to be quite different than what most expect.

- 1) As with any group of people, Taoism has many different schools of thought. Some Taoist's do seek physical immortality. However, immortality of the body has never been something outlined within the Tao-Te Ching.
- 2) In math terms the limit of a sequence of events in a life span is convergent. Now to those interested in math analogies I ask: does a series of life events add up as being conditionally convergent (free will) or does life converge absolutely (predetermined)? A Taoist will answer only with laughter, because it's both, and then forgets the whole question to go enjoy basking in the sun.
- 3) The lives I have lived so far are: infant, child, teenager, young adult, father, questor and sage.

Immortality isn't outside of our existence.

A person is an expression of **our** lives, **our** mind, **our** body, **our** spirit, **our** ego, **our** fetch, **our** being, **our** soul, **our** multiple forms... once leaving all the "ours" a person isn't anymore. Instead all the "our" building blocks return to the larger nature of the universe, to continue onward in a different cycle¹. Heaven and other forms of an ultimate personal expression exist: within the "ours".

Everyone is immortal in the expression of how they live.

Make of your life that which you want to be eternal.
Immortality is within our *existence*.

Immortality isn't after death and afterlife isn't an accurate statement. The problem is one of orientation. The ego is so geared to looking forward, that before death, the ego assumes the vast vista of an immortal existence is likewise always ahead². Discover it's in the now within life that immortality exists.

If a life is limited in time, then how is living within your life immortal?

Each moment is timeless...

Living is an expression of all our possibilities...

Reincarnation isn't after life: reincarnation is experiencing each life possibility...

Time is an illusion of consciousness...

Consciousness is the wave of our existence
flowing forever through the collection of one's lives...

All moments are interconnected throughout *yourself*, throughout every expression of ever continuous lives...

It's possible to bounce within life. All moments are accessible. Our consciousness appears linear, yet with meditation, with practice, it's possible to touch our overall existence, or to re-experience individual moments...

Personally I find it easiest to just relax and actively embrace my experiences, making this life worth living. Searching for proof could be endless, or simply can be summarized as one's life. Between the choices, it makes most sense to live the current life with enjoyment and peace.

1) Some would say that heaven is this rejoining to the larger universe. To a Taoist, this is also an acceptable view point. Heaven indeed is a mixing of the stars as much as to mixing to our lives. Like the Tao, heaven is something that isn't explainable in a single term definition: as it's outside the ego. As a side note: the Tao is not heaven, as the Tao crosses both life and heaven.

2) It's like stepping out of the subway station, and then getting confused in your directions.

Now back to death: a vantage point within our cycles of life. It's the moment when ego stops its movement. Death is just the point when a person's consciousness fully lets go¹. Without ego in the way, the clarity of self examination and acceptance of life becomes an unprecedented experience. At this juncture it becomes possible to embrace one's entirety without any hesitation. Once a person relaxes fully within death to embrace this entirety, the consciousness rebounds back into one of the countless possibilities which defines each personal existence. In this cycle of existence a person is both immortal and mortal. Embrace your nature as both, live your mortal existence in peace, to have heaven in your immortal existence as well.

1) It's interesting as from the Buddhist point of view, this would be the point at which a Buddha suppresses the consciousness on a permanent basis ending, in effect, the Buddha's immortal existence.

===== Proofs =====

The view I have stated is my own, based upon life experiences, visions, perceptions and faith within my own nature.

Belief of my statements, proofs based upon my life are meaningless for anyone else. Likewise having others believe in me, has no meaning back onto myself. The belief game, the proof game, the miracle game are shams. Tricks of the light used to prop ourselves to stand tall, until realizing each ray of light was merely a flickering shadow.

Discovery of a Personal Tao is to cross the line to accept views based, not upon the outside world or others, but instead upon oneself. Much of what people seek on the deepest level within a "*universal truth*" cannot be proven, will have contradictions, and will not even make sense when one has the correct answers. This is unavoidable due to the incomplete nature of each person relative to a larger universe. Yet, and here is the contradiction, we are complete within our own personal nature. It is within this finite absolute limit of being alive, that I can find my eternal nature as I am completely and always myself.

I am eternal within my own nature. I rejoice within this.