

How To Make Peace With Death? 如何与死亡和平相处?



“That’s what’s so extraordinary about life: It’s a cycle of generation, degeneration, regeneration.”

“那就是生命的不凡之处：它是个循环；产生，衰退，再生。”

Emily Levine 艾米莉·莱文

The humorist Emily Levine has died, after an extraordinary life spent questioning the very nature of reality. Not for nothing did she call herself “the Evel Knievel of mental leaps.”

幽默家艾米莉·莱文去世了。她经历了一个不平凡的人生，毕生研究现实的本质。她称自己为“精神飞跃的埃维尔·克尼维尔（汽车特技演员）”，这绝非是偶然的。

She turned her attention to the process of dying itself, as she faced down a diagnosis of stage IV lung cancer. In her own words: “ ‘I am just a collection of particles that is arranged into this pattern, then will decompose and be available, all of its constituent parts, to nature, to reorganize into another pattern. To me, that is so exciting, and it makes me even more grateful to be part of that process.”

当她被诊断患上第四期肺癌的时候，她把注意力转向了死亡的过程。用她自己的话来说：“‘我’只是许多微粒的集合，它们被排成这个模式，将来就会分解而所有的构成部分将回到大自然中，再次被用来组织成另一个模式。对我来说，这很令人兴奋，甚至让我更感激，能够成为那过程的一部分。”

Facilitators Notes: 主持者指南

- A. After sharing the above introduction, play the video ‘How I made friends with reality?’, starting at 7:20 min (9 min, English/Chinese subtitles).

分享了上述简介后，播放视频《我如何和现实交朋友？》，从 7:20 分钟开始（共 9 分钟，中英文字幕）。

https://open.163.com/movie/2018/7/Q/U/MDKV565RG_MDKV5AHQU.html

Subtitles 字幕：Please browse 请参考 <https://www.bilibili.com/read/cv655509/>

B. Question 问题:

1. When death knocks on your (or your loved one’s) door, how do you respond? 【Sequential narration】

当死亡敲上你（或你的亲人）的门，你会如何面对？【顺序讲述】

C. Read the following excerpts from Bhagavan's Discourse

阅读以下摘自世尊讲道的选段

Feel that you are born with the dawn of every day; that you nestle in the lap of death when your eyes close in sleep. For, what happens in deep sleep? The body, the senses, the mind, the intelligence – all is negated and there is no trace of awareness of the world. Know that waking from sleep is but birth and going into sleep is death.

感觉你在每一天的黎明诞生；当你的眼睛在睡梦中闭上的时候，你依偎在死亡的怀抱里。深睡眠时发生什么事？身体、感官、心灵、智能 -- 一切都被抑止，没有一丝对世界的意识的痕迹。要知道，从睡眠中醒来如出生，而进入睡眠如死亡。

Forgetting the primary goal of life, man wastes his time. Time is precious. Death is dangling its sword over every head. Our life span is fast diminishing, like water leaking through a broken pot or a melting block of ice. Death overtakes man even before he realizes his mission in life.

忘记了人生的主要目标，人们浪费时间。时间是宝贵的。死亡一直把其剑挂在每个人的头上。我们的寿命正在迅速消逝，就像水从破洞的锅或融化的冰块般流失。甚至有人壮志未酬身先死。

When we want to go to a cinema, or for an evening walk, we get ready by putting on our shoes. When we want to visit a nearby town, we pack our clothes in a bag. But what preparations do you make for the ultimate journey, the voyage of death?

当我们想去看电影，或者傍晚散步时，我们先穿上鞋子做准备。当我们想去附近的城镇游玩时，我们把衣服装进提包里。但是，你为最终的旅程，死亡之旅做了什么准备呢？

D. Question 问题:

2. 你如何为迎接死亡做好准备？【脑激荡】

How do you prepare for your death? 【Brainstorm】