



# Basmati

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## The Reincarnation Merry-go-Round



Doesn't the title of this post make you want to break into song? If I felt more confident in my singing voice I'd serenade you. Ahem, anyway, all this week I've contemplated the circle of life. Within the span of 24 hours I found out two people I know are pregnant and another lost her mother. The juxtaposition of the two was enough to give me emotional whiplash.

In Sanskrit, the term for this is *saṁsāra*, which means the entity that constantly keeps moving. As we all know, that's what life does. It keeps moving even when we want it to stop; even when it seems like the world should stand still, it keeps spinning. It's both a blessing and a curse. I don't have any particularly great insights. The whole thing sounds exhausting, and feels that way too. Sometimes, I'd like a break.

The "break" though doesn't come from shuffling off this mortal coil, at least according to the spiritual philosophy I ascribe to. Because I believe in reincarnation; once I die, I'll be reborn. The circle of life continues not only in general, but for me as well. Death and birth, death and birth. When does it end?

My spiritual teacher says, "Whichever way we look, we see only the external dynamism of everything, and as we witness this external dynamism, we feel pleasure when we get something, we feel pain when we lose something. If we try to discover the ultimate reality hidden within the apparent reality, we shall feel neither the momentary pleasure of gain in the

mundane world, nor the sorrow of loss in the mundane world. The Supreme Entity which is neither to be obtained nor to be lost will remain always with us, and we shall remain absorbed in the eternal bliss of the companionship of that Supreme Entity.”

That sounds nice right now. To remain absorbed in eternal bliss. To escape the cycle of pain and pleasure, death and birth.

I write about these things because I need the reminder, and I suspect others do too. I need the reminder of what's permanent, of what I can attach to, of what's constant. Otherwise it's easy for my mood to swing from high to low in an instant and the whole thing is exhausting. All I can do, all that I try to do, is keep my mind trained on my higher power, on the divine and loving presence that's with me always so that eventually two become one.

I dream of a world where we all feel eternal bliss. A world where we train our sights on a constant, permanent entity. A world where we escape the circle of life.

Another world is not only possible, it's probable.

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