Meditation-content

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**SUBJECT: Your Body Is The Foam Of A Wave, <firstname>; A Shadow Of A Shadow**

What will your body know when it dies? What will you carry with you when you exit this existence? When your body lies rotting in the earth, what wisdom will it possess then?

Tough questions, I know. But they all have a very simple answer, symbolically speaking anyway.

There is only one way to do your best to ensure that your transition from this life to the next, if in fact there is any transition at all, is to dedicate yourself to purity while alive now. Can you think of any better way to make sure you get the best after-life experience?

Not into the concept of an afterlife? That’s OK; many are not. But what about what is best for your happiness and contentment during this life you are already involved in; the life that you are sure you have to live still? What is best to do with your time here in this life?

The Buddha says the best thing to do in this life, or any other life you may find yourself in, is to study and practice the Dharma. There is nothing better to do. Namaste.