

## *It always feels COOL here!*



The many preoccupations, abruptly appearing challenges on a daily basis, too many demands and too little resources within, all seemed to push me to the edge and take a toll over my mental as well as physical well-being. I wondered, where lay the refuge I could hide myself in! In desperation, the mind constantly whispered, *“Escape from here...to some oasis of peace!”*

And then accidentally, I read about one Zen nun. She died, but before she died she asked her disciples, *“What do you suggest? How should I die?”* It is an old tradition in Zen that Masters are so playful even about death, so humorous about it, joking, laughing, they enjoy devising methods how to die. So disciples may suggest, *“Master, this will be good, if you die standing on your head.”* Or someone suggests, *“Walking, because we have never seen anyone die walking.”* So this Zen nun asked, *“What do you suggest?”*

They said, *“It will be good if we prepare a fire, and you sit in it and die meditating.”*

She said, *“This is beautiful, and never heard of before.”* So they prepared a funeral pyre, the nun made herself comfortable in it, sat in a Buddha posture, and then they lit the fire.

One man from the crowd asked, *“How does it feel there? It is so hot that I cannot even come nearer to ask you- that's why I am shouting. How does it feel there?”*

The nun laughed and said, *“Only a fool can ask such a question - How does it feel there? **There it always feels cool, perfectly cool.**”* She was talking of her inner being, her centre. There it is always cool and only a foolish person can ask. When a person is ready to sit in a pyre meditating, and then the pyre is burnt and she is sitting silently, obviously it shows that **this person must have achieved the innermost cool point which cannot be disturbed by any fire.**

Yes friends, indeed the times are stressful and tougher times are still ahead! **But, the GOOD NEWS for us is that there is this innermost COOL POINT within us where lies our OASIS...**no tensions or turmoil can ever touch it, or influence it...and to it we can have recourse and find peace even in the worst of our life situations.

Infinite space, an unbridgeable gap exists between us and our body, mind or emotions - infinite space, I say. And all suffering exists only on the periphery. Once we learn to dive deep into this innermost point, the original source, we become aware of the blissful inner being and are no more the sufferers.

Those who are on the periphery exist in agony. For them, no ecstasy. For those who have come to their centre, no agony exists. For them, only ecstasy. They reach a peak, such a cool peak, even the Himalayas will feel jealous; even their peaks are not so cool. **This is the Everest within...**that is none other than **the Emmanuel God within you and me!**

*May we all be blessed with the grace and anointing to reach this cool peak, this innermost source and discover true bliss! Amen!*

**Sr. Rekha Punia, UMI**  
**Nirmala Provincialate, Greater Noida**