

**ART OF DYING (LETTING GO)**

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**ABSTRACT :**

The meaning of Sanskrit word Dwij (द्विज) is twice born. It means that one who ^{is} born twice (द्वि = Twice, ज = Born). If the first is the physical birth through mother's womb then, the second is when one realizes one's purpose to have been born and endeavours to value 'death' (brevity of life). Just as a bird takes its birth first as an egg and secondly while hatching out. A hatching chick has to work hard for hours or even days to break through the shells. Certain temperature is required in the form of external help and certain level of efforts is required on the part of a baby bird. Similarly, a new born child passes through the birth canal. A human being must pass through the process of 'hatching-struggle'. One must die during this struggle in order that one may be reborn and attain redemption and enlightenment. In Sufism, it is said "Die before you die". A seed would need to die so that it may become a tree. Art of dying means art of letting go or art of surrendering, dying by surrendering. One must learn the art of dying so that one may experience the spirit of 'fulfilment'. In this research paper, the researcher aims at discussing this very 'art of dying', its process, attitudes and understanding required and the realization involved in learning the art of dying.

KEYWORDS : attain redemption and enlightenment , surrendering.

INTRODUCTION

Nobody actually knows what happens after death because nobody comes back to say what really happens. Like Lokayata, Ajit Keshakambali says

"A human being is built up of four elements. When he dies the earthly in him returns and relapses to the earth, the fluid to the water, the heat to the fire, the wind to the air, and his faculties pass into space. The four bearers, on the bier as a fifth, take his dead body away; till they reach the burning ground, men utter forth eulogies, but there his bones are bleached, and his offerings end in ashes."¹

It is said in Hinduism that our body is made up of five elements (PanchMahabhoot!) However, the Lokayatas do not believe in the fifth one Ether (Akash). They don't believe in reincarnation or rebirth. Nothing remains after death. This is a horrible picture and it may make one nihilistic. One day, one must encounter this finality of death. The researcher does not wish to discuss this physical death in which nothing remains. By death, the researcher means death of 'False Personality, 'Imaginary Picture' 'Jungle of many 'Y's. Death becomes the birth of awakening and new beginning. Tolstoy's mouthpiece 'Levin' in Anna Karenina was in search of meaning and purpose of life. He had obsession with death too. He realized that he must struggle to live a better, a far better, life. However, the very thought of death makes him nihilistic. He says "I am working, I want to do something, and I had forgotten that it will all end in Death!"² Levin sees Death as the ultimate problem and it cannot be solved while living. He has not yet been able to complete his search for meaning and purpose of life and the problem of death baffles him greatly. He tells Oblonsky that one