



Slipping Into The Crack Between Thoughts

- Aziza Meer

The thought of slipping into the crack between thoughts is so fascinating that I cannot stop thinking about it—hello, am I defeating the purpose? Well, I'm still a new kid on the block. The masters are filling these cracks and there is always room for one more. I slip in and out and in and out and can't stop thinking about it.

I love it there. It is like a little shell. Maybe a snail experiences this in physical terms. Slipping into that crack, muscles relax, there is a wholeness and a security past thought. How ironic. We think it is the thinking that makes us secure. Secure thoughts, positive thoughts, uplifting thoughts, Satvik thoughts, energizing thoughts.... Thoughts, thoughts, thoughts, and more thoughts about controlling thoughts. All this because of thoughts. If there are no thoughts in the first place, there is no reason for all these other thoughts, like with SIDS—the Sudden Infant Death Syndrome. In an audio tape by Deepak Chopra, he recalls an incident where an Ayurvedic *vydya* was once asked what kind of precautions with cribs will eliminate the SIDS. He said, "eliminate the cribs." Because, the heart rate of the mother will regulate the heart rate of the baby and when the baby sleeps with the mother, there is no SIDS from the heart stopping to work for no known reason.

One time a friend wrote to me, "Then at the end of the year I look back and say "you made it, and it's not so bad after all." Talking about how his days in the year go and some seem so heavy and seem not to pass. That is exactly how death experience feels as well. Whether it came from an illness or something else, it still feels like why was I so scared of it? If one can eliminate life, one can eliminate thoughts. It is the submission that stands between one and the other—between silence/bliss and a complex analysis of every situation creating a jungle of thoughts; between life, its many distinctions, many strategies, fights, and the ease of an inner death and total surrender. Life still goes on and it is much smoother on the other side. Since we haven't seen the other side, we anxiously hang on to what we know. It is the fear of the unknown and the hanging on to what we are familiar with. Once you cross the bridge, it is not so bad at all. It is better. Yeah, in every way.