

# Acceptance of Death is Necessary for Spiritual Liberation and Evolution: Insights from Spiritual Masters East and West

*Shih, Chiao-hsiang*

Doctorate Candidate, Department of Chinese Literature and Application,  
Fo Guang University  
freefly0120@yahoo.com.tw

## Abstract

This article discusses the insights into life and death from Osho and Western spiritual masters. As Osho points out, people harbor fear and resistance to death due to their ignorance about the truth of it, and as a consequence they fail not only to free themselves of attachments to life, but also to maintain a clear awareness on deathbed. The net result is that they miss the opportunity of eternal liberation from the endless cycle of life and death, having to repeat the predicament of constant reincarnation. Therefore, Osho emphatically advocates that we all need to engage in assiduous spiritual practice during this life time, learning to let go of craving and attachments to life and all possessions associated with it, and to be freed of the anxiety and fear towards death. Only when we are willing to embrace death with a happy mindset can we transcend the fetters of reincarnation and dwell peacefully in the sacred realm of eternal bliss.

In the concluding section, it is found that there exists a similarity between Osho's philosophy of life and death and the Buddhist Pure Land practice. This paper hopes to provide the Pure Land faith with a broader horizon as well as interpretative perspectives of modern thanatology, so as to clarify many people's misunderstandings of that faith, and to address the issue of "ultimate concern" for human life.

**Keywords:** fear of death, pure consciousness, meditation, mindfulness, eternal bliss, ultimate concern