



YOGAbyTYSU

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Tysu Yoga

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Death and dying is a subject most people abhor. Why? Because fear of death is natural, and death is, as Shakespeare puts it in Hamlet, “the undiscovered country, from whose bourn no traveler returns.” While death is a once-in-a-lifetime experience, some of us have more previews of it than others.

When I was 15 years old, during the summer of 1965, my grandmother took me

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on a fishing trip to Tijuana. As I was walking on the ocean's shore, I heard someone calling out, “Help me!” I saw a boy drowning in the ocean and instinctively went to help him. He was being pulled further from the shore as I swam towards him. But shortly afterwards, his friend with a surfboard came to help his buddy to safety. The undertow of the ocean was taking me farther away from the shore—something like being on a treadmill—and I could no longer see the land. Alas, my arms became totally enervated; they felt like overcooked spaghetti noodles! I was taking in water by mouth and knew I was going to die. I was forced to float along with the waves. Yet, I felt no fear, nor panic. I felt as significant as one grain of sand in the vast ocean!

My adopted family and my brother and sister in Korea came vividly in my mind's eye and I mentally said goodbye. Not having a will was strong in my mind. It seems so insignificant now, but it would have given me some peace of mind.

What a waste of incarnation, I thought. I'm only 15 years old, and the world is going to go without me! But knowing full well I was going to die, I prayed the Lord's Prayer and kept repeating: “Lord, Thy will be done.” Then, my whole life flashed before my inner eyes like a motion picture. And all the hidden secrets revealed to me the sum total of my life and the essence of who I am.

At the time of death, the mind becomes super-conscious. Purusha-seer and observer are fully awake! Consciousness and conscience reviews everything we did in life, defining in essence who we are. We go to that vibration—

what we call heaven or hell. Each person ‘knows’ very well where they will go. The Bible states, “In my Father's house are many mansions” (John 14:2), while Paramahansa Yogananda claims, “Death is the Final Examination for a Great Reward. Death is ordained by your Karma.” Karma is the measurer of everything we have done in our lives—every thought, word and deed. Before completely losing my consciousness, I felt the most profound, perfect peace! Heavenly peace!

Time Magazine interviewed Dr. Jeffrey Long, a radiation oncologist (January 22, 2010) and reported his finding in “Is There Such a Thing as Life After Death?” by Laura Fitzpatrick, stating, “If you look at the scientific evidence, the answer is unequivocally yes.” For over 10 years he studied and catalogued about 1,600 people and wrote a book, Evidence of the Afterlife. Medically speaking, what is a near-death experience? A near-death experience has two components. The person has to be near death, which means physically compromised so severely that permanent death would occur if they did not improve. They're unconscious, or often clinically dead, with an absence of heartbeat and breathing. The second component is that at the time they're having a close brush with death, they have an experience. It is generally lucid and highly organized... For fascinating stories on death and dying go to www.NDERF.org.

Later on, I was rescued by someone I never got to meet or thank. I also found out that I was held upside down and the sea water gushed out from my mouth. In the ambulance, I was given oxygen which was not coming out fast enough, I thought. At the hospital, water came out from every orifice of my body. It seemed I could void unendingly. So much water! My Grandmother told my adopted mother that the concern was that, since I was clinically dead for over half hour, I might have impaired brain function.

For the first time ever, the high school offered swimming lessons. I enrolled and completed from the beginning swimming to the senior life saving course! I loved swimming! Shortly after high school, I discovered yoga. Continuous study and practice of yoga gave me the knowledge to help others and myself be youthful and pain free.

Why Fear Death?

When you have a clear conscience, there is nothing to be afraid of in death. That experience put me on a search of truth, which lead me to coin a phrase: “Seek truth, live truth, be true to yourself and others.” One day a friend lent me her book, Autobiography of a Yogi by Paramahansa Yogananda. Reading that book gave me a sense of fulfillment for my soul's longing in search of truth. He became my Guru.

Paramahansa Yogananda said: “We don't know when we are going to die or what will happen to us. Therefore, live a meaningful and utilitarian life. When we are young, life is reckless. The last part of our life is very important, as it defines who we are. Do your best in life and be very sincere in everything you do.”

Everything else in life can wait, but the search for God cannot wait!