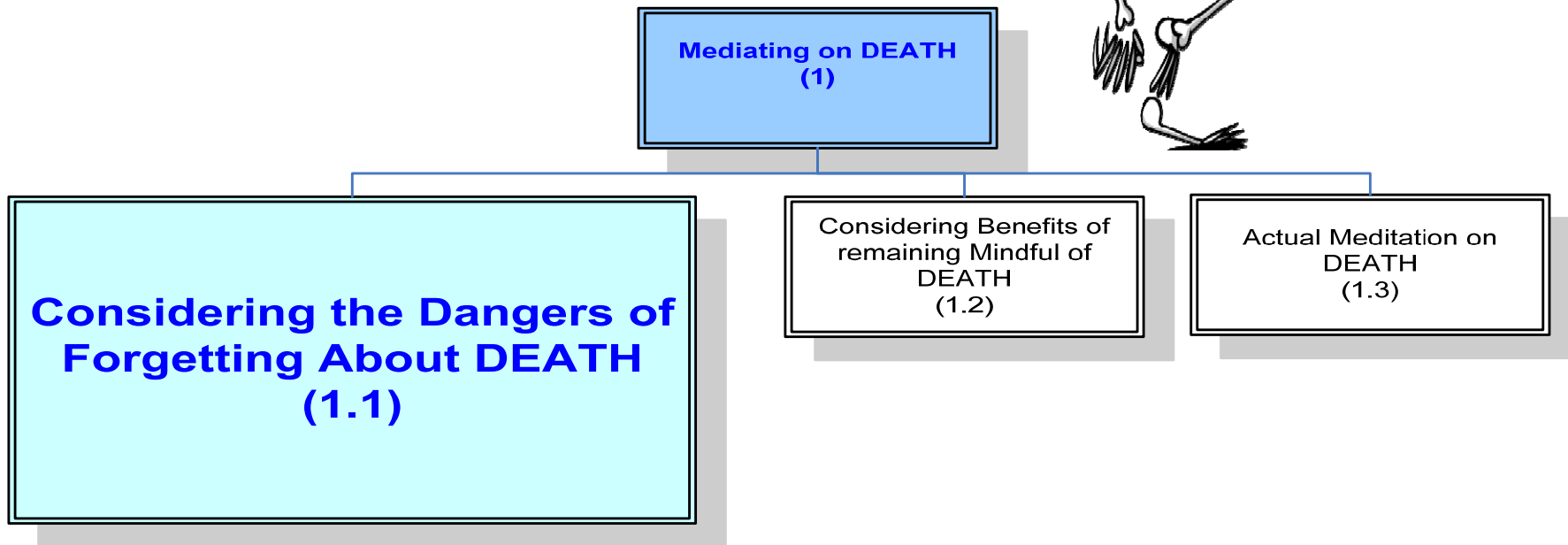




Meditation on Death

Road map on considering the Dangers of Forgetting About Death

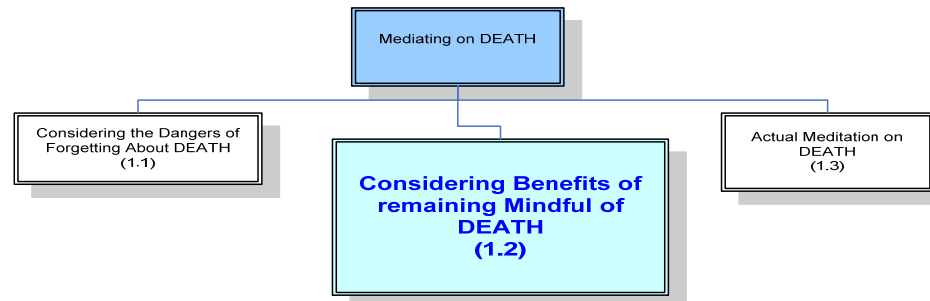


1.1 Considering the Dangers of Forgetting About Death [Cont'd]



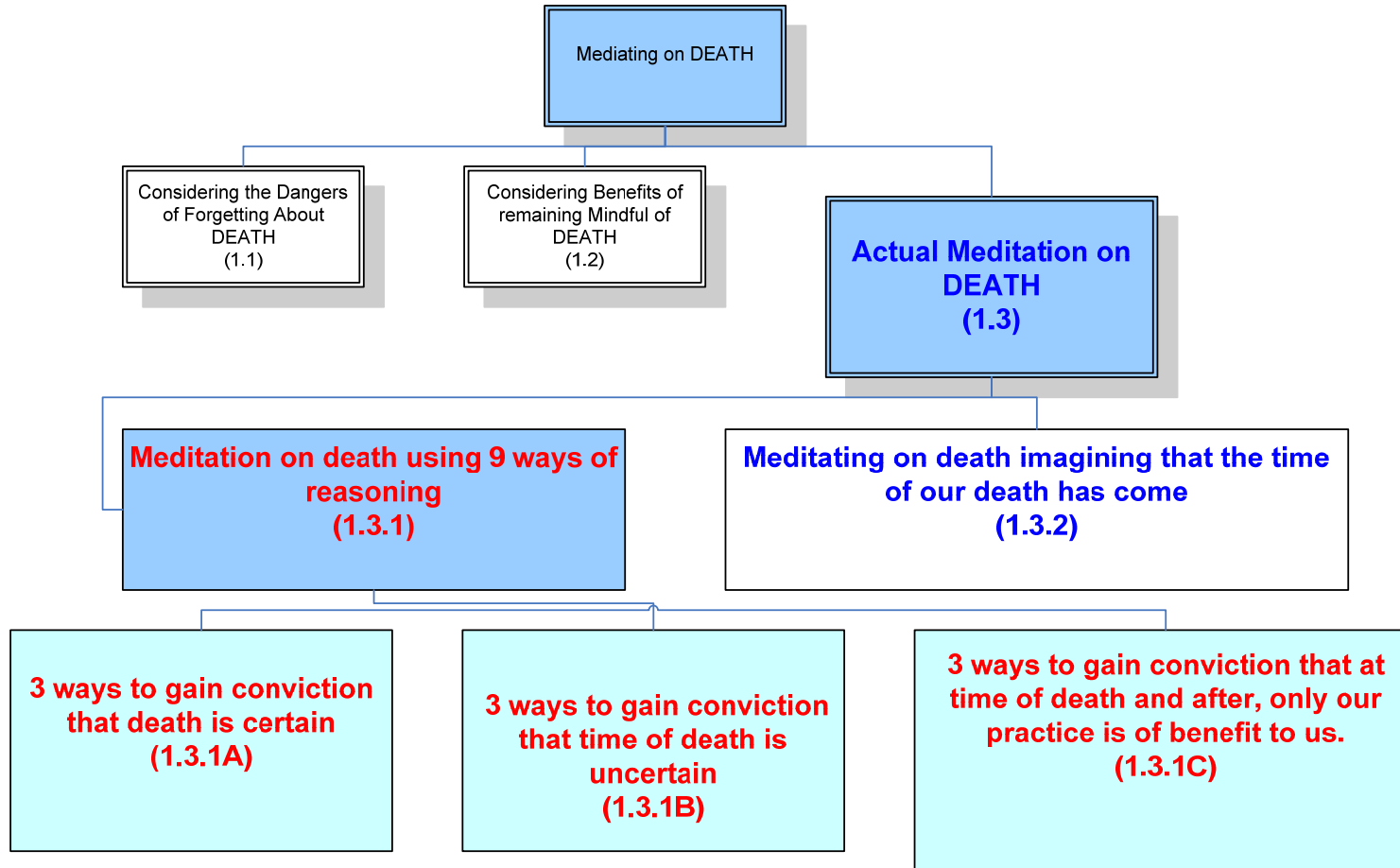
- ✓ We shall easily forget Dharma
- ✓ Even if we do not forget Dharma and put it into practice, our practice will not be pure
- ✓ Even if we do not forget Dharma and we practice purely, we shall lack effort in our practice
- ✓ We shall continue to perform non-virtuous actions
- ✓ We shall die full of regret

1.2 Considering the Benefits of remaining Mindful of Death



1. We engage in Dharma practice sincerely and energetically
2. Our Dharma practice becomes very powerful and very pure
3. It is important:
 - 3.1 *At the beginning of our practice*
 - 3.2 *Throughout our practice*
 - 3.3 *In attaining the final goal of our practice*
4. We shall have a happy mind at the time of our death

Road map on Actual Meditation on Death



1.3.1A Conviction that death is certain



- ✓ **Death will definitely come and nothing can prevent it**
- ✓ **Our life span cannot be increased and it decreases continuously**
- ✓ **Death will come regardless of whether or not we have made the time to practice Dharma**

1.3.1B Conviction that timing of death is uncertain

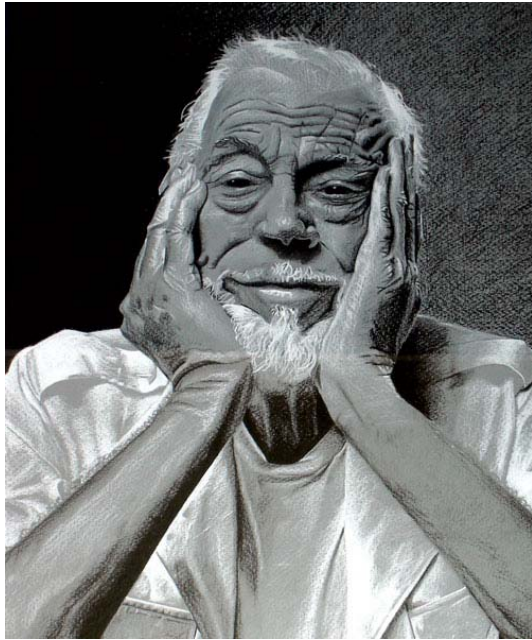


- ✓ **The life span of beings living in this world is not fixed**
- ✓ **There are many more conditions conducive to death than survival**
- ✓ **The human body is very fragile**

1.3.1C Conviction that at time of death or after, only our practice of Dharma is beneficial



- ✓ **At time of death, our wealth cannot help us**
- ✓ **At time of death, our friends and relatives cannot help us**
- ✓ **At time of death, even our own body is of no use**



Meditating on Death

1.3.2

**Meditating on Death
imagining that the time of
our death has come**

1.3.2 Meditating on Death imagining that the time of our death has come



1. What is death?

When a candle flame is extinguished its continuum ceased and it completely disappeared, but when we die, we do not disappear.

Our consciousness continuum carries the mental habits we have cultivated (e.g., Dharma practice and virtuous actions) in this life can help us at the time of our death and in all our future lives.

1.3.2A Meditating on Death imagining that the time of our death has come



2. To prepare for our death, we need to meditate by imagining that the time of death has come.
3. How to mediate on four aspects of death as recommended by Je Phabongka:

3.1 Death is impending and will definitely come

3.2 What causes death

3.3 The way in which we die

3.4 What happens when we are dying

1.3.2B Meditating on Death imagining that the time of our death has come



4. Begin by contemplating a corpse or a picture of a corpse, and think “I myself shall soon be just like that”.

Then we imagine that we are actually dying and we mediate:

- a) I shall definitely die, whether through sickness, by accident or die in hospital.*
- b) As I begin to die, my body will lose its warmth and I will find it difficult to breathe.*
- c) Next memory fade*
- d) 4 elements dissolve.....*
- e) Life vanished.... End of this life – the end of living in my house, end of meeting friends and end of talking to family*

1.3.2B Meditating on Death imagining that the time of our death has come



5. If we imagine over and over again that we are actually experiencing the process of death, intermediate state, and rebirth, our mind will change for the better
6. Meditations like this are especially helpful for those who find it easy to forget about spiritual practice and who find it hard to consider anything that is not immediately present.
7. Consider other things which remind us about death:-
 - Television / movie on people dying*
 - Books, articles and magazines about death*



**Go to Kadhampa Web
page (Contact us) and
email us if you need
further clarification or
explanation**