

# MEDITATION ON DEATH

Considering the dangers of forgetting about DEATH

We shall easily forget Dharma  
 Even if we do not forget Dharma, practice will not be pure  
 Even if we do not forget Dharma and we practice purely, we still lack effort  
 Continue to perform non-virtuous actions  
 Shall die with full regret

Considering benefits of remaining mindful of DEATH

We engage in Dharma practice sincerely and energetically  
 Our Dharma practice becomes very powerful and very pure  
 Shall have a happy mind at the time of our death

Actual Meditation on DEATH

**3 WAYS TO GAIN CONVICTION THAT DEATH IS CERTAIN**  
 a) DEATH will definitely come and nothing can prevent it  
 b) Our life span cannot be increased and it decreases continuously  
 c) Death will come whether or not we have made time to practice Dharma



Actual meditation on DEATH using 9 ways of reasoning

**3 WAYS TO GAIN CONVICTION THAT TIMING IS CERTAIN**  
 a) The life span of beings living in this world is not fixed  
 b) There are many more conditions conducive to death than survival  
 c) Human body is very fragile

**3 WAYS TO GAIN CONVICTION THAT AT TIME OF DEATH AND AFTER, DHARMA PRACTICE IS BENEFICIAL**  
 a) At time of DEATH, our wealth cannot help us  
 b) At time of DEATH, our friends and relatives cannot help us  
 c) At time of DEATH, even our body is of no use

Meditation on DEATH imaging that the time of our DEATH has come

**MEDITATE ON FOUR ASPECTS OF DEATH**  
 a) DEATH is impending and will definitely come  
 b) What causes DEATH  
 c) The way in which we die  
 d) What happens when we are dying