

The Meditations on Death



Meditation #1

It is absolutely certain that I will die.
It doesn't matter how strong I am;
it doesn't matter where I go
on the face of this entire planet;
it doesn't matter what I do
to try to stay alive.
Death will still find me
and destroy me.

Meditation #2

Among the people sitting in
the room right now with me
listening to this teaching,
one of us will die first. And
then another, and another,
until the last. In a hundred
years, no one from this class
will still be left alive.



Meditation #3

There is not a single square
inch of place on this planet
where you are protected from
death. There were people
who died holding onto the
robe of Lord Buddha.

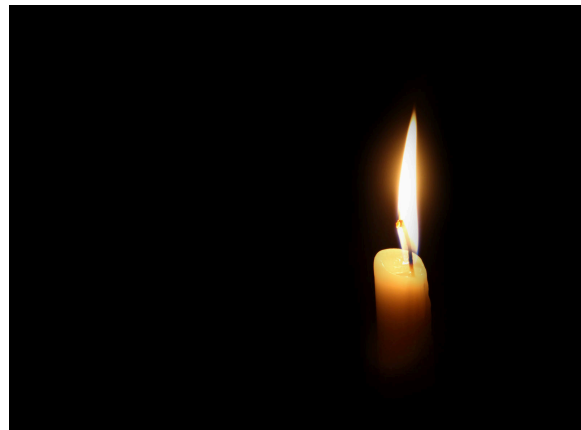


Meditation #4

If the mountains of this planet are going to eventually dissolve into dust, and the seas dry up, and the sun and the earth themselves disappear, then surely bodies as fragile as ours are going to die as well.

Meditation #5

You were born with a certain amount of life time, and like a candle it is burning down every day, until the end. There is no pause, and no one can buy more time.



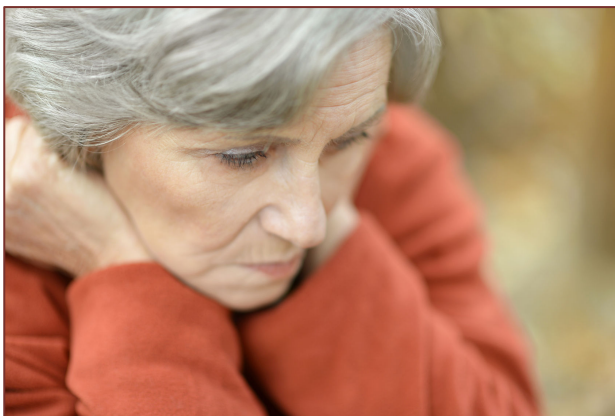
Meditation #6

Even as we sleep, we move closer and closer to our death.

Meditation #7

Lama Gungtang's Meditation

**I spent 20 years
without realizing
I should practice.
I spent the next 20 years
telling myself
I should start practicing.
I spent all the years after that
regretting I didn't practice.**



Meditation #8

**In our part of the universe,
the average life span is 70
years**

**Meditation #9
People die out of order.
Old, sick people live on
for many more years.
Young, healthy people die
suddenly.**





Meditation #10

**People die in the middle
of doing anything.**

**People die with a piece of bread
halfway to their mouth.**

Meditation #11
Every day we hear the news
that more people have died.
People die all around us,
all the time.



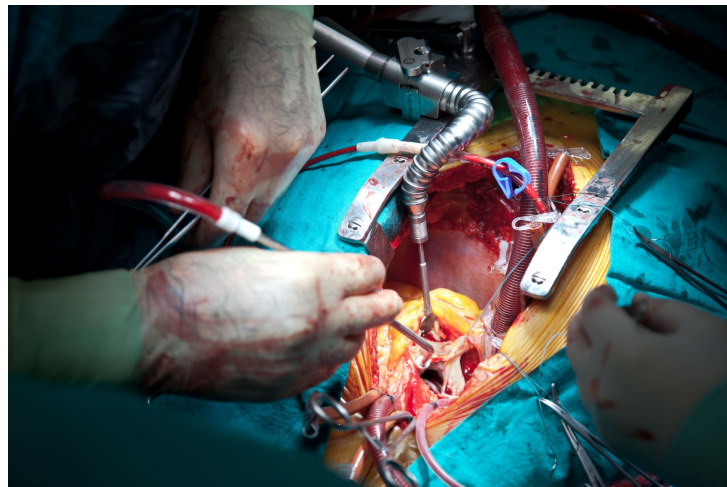
Meditation #12

We don't know
what body
or what realm
we will be in
tomorrow morning.



Meditation #13
Many people get killed
by the things
that are supposed to keep
them alive.

Meditation #14
The parts
of your own body
are at war
with each other,
all day long.



Meditation #15
Your breath just has to stop
for 3 minutes.



Meditation #16
**There will never come
a time
When everything else
you wanted to do
Is done.**

Meditation #17
**You cannot
take with you
a single one
of the things
you have
worked
your whole
life for.**



Meditation #18
**At that moment,
No one can help you,
And no one can go
With you.**



Meditation #19
At that moment,
Even the body you have
taken care of
Your whole life
Will abandon you.

The 9 Traditional Meditations on Death

A. It is certain that you are going to die, because:

- 1) Death will come for you and nothing can stop him
- 2) Like a candle, your life is melting away;
nobody can give you more time
- 3) Even in the time you have left,
you never have much time to practice

B. You don't know when you're going to die, because:

- 4) We live in a part of the universe where
the length of life is uncertain
- 5) The things that can kill you are many,
and the things that keep you alive are few
- 6) Our bodies are extremely fragile;
almost anything can kill them

C. On the day we die, it is only the Dharma that can help us

- 7) No amount of money can help you on that day
- 8) None of your friends or family can help you on that day
- 9) On that day, even your own body will fail to help you