

Maranasati: Awakening to Our Precious Life through Mindfulness of Death

Five Daily Contemplations:

Just like everyone...

1. I am of the nature to age, I have not gone beyond aging;
2. I am of the nature to sicken, I have not gone beyond sickness;
3. I am subjected to the results of my own actions and I am not free from these karmic effects;
4. I am of the nature to die, I have not gone beyond dying;
5. All that is mine, beloved and pleasing, will change, will become otherwise, will become separated from me.

Tibetan Buddhist contemplations on death from the eleventh century Buddhist scholar Atisha:

1. Death is inevitable.
2. Our life span is decreasing continuously.
3. Death will come, whether or not we are prepared for it.
4. Human life expectancy is uncertain.
5. There are many causes of death.
6. The human body is fragile and vulnerable.
7. At the time of death, our material resources are not of use to us.
8. Our loved ones cannot keep us from death.
9. Our own body cannot help us at the time of our death.