



10 Contemplations on Death

REVISED FROM
BUDDHIST
TRADITIONS AS
LEARNED FROM
THICH NHAT HANH

DEATH IS INEVITABLE.

No one is exempt. Money, power, fame, and fortune can not protect you from dying. Holding this thought in mind, I abide in the breath of this present moment.

OUR LIFE SPAN IS EVER-DECREASING.

Each breath brings us closer to death. Holding this thought in mind, I delve deeply into its truth.

DEATH WILL INDEED COME, WHERE OR NOT WE ARE PREPARED.

It is my choice to prepare or not. Holding this thought in mind, I enter fully into the body and expansiveness of life.

HUMAN LIFE EXPECTANCY IS UNCERTAIN.

Death can come at any time. I will not receive a memo or a postcard telling me when my time is near. Holding this thought in mind, I am attentive to each moment.

THERE ARE MANY CAUSES OF DEATH - EVEN HABITS, DESIRES AND ACCIDENTS ARE PRECIPITANTS.

There are many ways the human body can die. Holding this thought in mind, I consider the endless possibilities.



**THE HUMAN BODY IS
FRAGILE AND
VULNERABLE.**

Our life hangs by a breath!! Holding this thought in mind, I attend to my inhale and exhale.

**AT THE TIME OF DEATH,
MATERIAL RESOURCES
ARE OF NO USE TO US.**

Holding this thought in mind, I invest wholeheartedly in practice.

**OUR LOVED ONES CANNOT KEEP
US FROM DEATH.**

No matter how much they love us or how deeply we love them. There is no delaying its advent. Holding this thought in mind, I exercise non-grasping.

**OUR BODY CANNOT HELP US AT
THE TIME OF DEATH.**

It too will be lost at the moment. Holding this thought in mind, I learn to let go.

DEATH IS AS MYSTERIOUS AS LIFE.

We know so little to be so afraid. Holding this thought in mind, I trust the MYSTERY!

