

Death Meditation



Death Meditation may sound morbid or frightening, but it is simply a process to embrace the fact that no one knows when death will come and we should all be prepared for it at any moment.

1. Find a comfortable position sitting or lying down,
2. Take 3 deep breaths and allow your body to relax.
3. Use this simple mantra as you breathe in and out: “I might die today.”
4. Repeat it with each breath and allow this reality to sink into your thoughts and change your perspective.
5. After you complete the meditation journal about some of the issues that have arisen during the day in light of this mantra. For example: I might die today so does the fact that someone took my parking space really matter? Or: I might die today so is it important that the grocery store ran out of my favorite cereal? Let this death meditation help you broaden your perspective on life.