

Developing a Meaningful Life

MEDITATION OUTLINE

Preliminary: Visualize an Enlightened Being of your choosing

1. Ask for blessings and courage to understand impermanence by looking at your impending death.

I. Is it True that Death is Certain?

1. Ask yourself if there is any place on this planet that you can go to avoid death.
2. Isn't it certain that everyone who comes to this planet must leave it?
3. That everything that has a start, must end?

II. Is Time of Death Certain or Uncertain?

1. Ask yourself if people can die at any time whether young, middle-age, or old.
2. Isn't true that death can come unexpectedly, at any time, in so many forms?

III. Look at Your Life

1. Look at your life the last few days.
2. Is there anything you would regret doing or saying if that was your last interaction with someone?
3. Look at what you're spending time on. What helps people? What does not?

IV. What Can Help You at the Moment of Death

1. Now imagine your own death. Imagine the whole world slipping away from you.
2. Can money or material things help you at this moment?
3. Can social status or fame help you at this moment?
4. Can your friends or family help at the moment of death?
5. What goes with you at the moment of death?
6. What can help you? See that only your quality of mind and how you've treated others in the past is truly of value in the world.

V. Dedication

1. Using what you've seen, decide to refocus your life to cultivate virtues that are truly meaningful and achieve transformations of mind that can go beyond death.

