

A meditation on death and impermanence

In this meditation we explore the depth of self-discovery and gratitude through the simple act of preparing for bed. As you wash yourself and fold your clothes, you create a space for contemplation on life's impermanence. Picture your loved ones around a hypothetical deathbed, expressing gratitude and bidding farewell, fostering a connection to life's transient nature. This practice enhances awareness of the present, instilling a newfound sense of appreciation and reveals your inner peace.

1. Initiate Calm

To start your meditation, make it a calming routine. Wash up and neatly fold your clothes, treating it like a special occasion. This helps signal the beginning of your meditation.

2. Connect with your breath

As you lay down in your bed, close your eyes and really pay attention to your breath. Forget about what's happening around you and focus on your breathing, letting go of any distractions.

3. Visualization

Picture your surroundings in your mind. Imagine your loved ones gathering around your bed. This mental image creates a feeling of connection and thankfulness. Take your time to visualize the details, like the expressions on their faces and their reactions.

4. Embrace Impermanence

Contemplate about how life is always changing. Accept that today might be your last day in this body. It sounds heavy, but understanding this impermanence can bring a sense of peace. Take a moment to let that sink in. If tears come, let them.

5. Reflect with Gratitude

Reflect on the important moments, people and everything that you have been given in your life. Give thanks.

6. Bid farewell

Say goodbye to your loved ones in your mind. Let them know you appreciate their presence in your life. Imagine their response and say your final goodbyes.

7. Expand Thankfulness

Expand your thankfulness to everything around you. Recognize how all living things are connected. It could be as simple as appreciating nature or acknowledging the people you might not know personally but are part of this shared existence.

8. Focus inwards

Bring your focus inside. Feel the sensations in your body, and let go of any tension. Keep breathing deeply, and notice how your body responds. If there's any tightness, imagine it melting away with each breath.

9. Accept the Present

Be in the present moment. Accept it as it is, without judgment. Find peace in the simplicity of just being. Take your time to soak in this feeling of acceptance and tranquility. Rest in the stillness of nothingness.

10. Notice the calm

Slowly come back to your surroundings. When you're ready, open your eyes. Notice the transition from your inner world to the external, and notice that this stillness is always there no matter what.

Note

If you find it difficult to get into the practice, repeat it until you feel that you can relax and allow the practice to take hold. See to it that you are calm before starting. Extend Step 1 if necessary and add a little ritual of sitting in silent meditation, lighting candles and optionally listen to music to calm down or to invoke emotions of letting go.

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