



karuna
dedicated holistic support

the kindest care

Care of the mind

Achieving peace

Once you have gained an initial level of preparedness for your death you will have a realistic attitude that acknowledges death as a normal part of life. Whilst you may not feel joy or happiness about dying you have a sense of being prepared for the inevitable.

Growing acceptance of your death will bring a readiness to let go of this life. You will have dealt with any regrets you have and accept that you have done the best you can with your life.

If you believe that there is life after death there are ways you can think that will strengthen your confidence and calm your mind.

- pray to be born in heaven or a pure land
- trust in the unconditional love and compassion that God (or Buddha) has for all beings including oneself and surrender yourself to their care.
- meditate on the pure clear essence of your own mind
- remember all beings with compassion

If you believe there is no life after death rejoice in the contributions you made during your lifetime, forgive those who have harmed you and those you have harmed and dedicate your life to the wellbeing of others wherever they may be.

Karuna also has experienced people you can talk with on:
07 3632 8300 or karuna@karuna.org.au



This is a **Support and Learning** resource. More resources available at www.karuna.org.au/resources. Karuna is affiliated with www.fpmt.org



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