

Care of the mind

Meditation Dissolutions at the time of death

Motivation

Calm the mind by spending a few moments focusing on the natural flow of the breath.

Generate a positive motivation by thinking – *“I am going through the stages of dissolution that happen at death time so that when death actually comes, I will not be afraid, but be able to have positive thoughts as I proceed to my next life. May it also help me have compassion and empathy for others who are dying.”*

Contemplation

Imagine that the time has come and that you are actually dying:

First, as the earth element within your body dissolves you feel heavy, like you’re sinking or being pressed down It is difficult to move your limbs and your body seems shrunken and feels weak You have trouble opening and closing eyes and your skin’s lustre diminishes

The appearance is of a mirage and this shimmering fills your whole internal vision. Think: *“The earth element of my body is dissolving. The water element is now noticeable. Next the water element will dissolve. In my next life may I be of utmost benefit to others”*

Second, as the water element within your body dissolves your mouth and tongue, eyes, nose etc. feel very dry It is difficult to distinguish between pleasure, pain and neutral feelings that go together with your senses’ consciousnesses You have trouble hearing external sounds – then even the internal sound of buzzing in your ears stops

The appearance is of billowing smoke and this smoke fills your entire internal vision. Think: *“The water element in my body is dissolving. The fire element is now noticeable. Next the fire element will dissolve. In my next life may I be of utmost benefit to others”*

Third, as the fire element within your body dissolves, your fingers and toes are cold and your body loses heat. Food can no longer

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be digested It is difficult to remember this life's events and even your own family Your nose cannot detect odorsYour breathing is shallow. Breathing in is short and light and breathing out is heavy and long

The appearance of sparks flying upward, fills your entire internal vision. Think: *"The fire element in my body is dissolving. The air element is now noticeable. Next the air element will dissolve. In my next life may I be of utmost benefit to others....."*

Fourth, the air element of your body dissolves. Your heart stops. All your organs cease their functions. The people around you see you as dead Your consciousness remains inside your body but you cannot move You feel complete disassociation from the external world - everything becomes introverted Your body cannot move, your breath ceases, you cannot feel external sensations Your basic awareness of old motivations is gone

You have a vision of a flickering flame, like a candle flickering in the wind, about to go out All the physical elements of your body have dissolved and there is now only awareness of your subtle consciousness like in a dream.

Due to familiarity with the dying process now remember: *"In my next life may I be of utmost benefit to others....."*

Fifth, the subtle consciousness moves from above, down to your heart chakra.

You have a vision of a radiant white appearance, like the autumn sky at dawn Due to familiarity with the dying process now remember: *"In my next life may I be of utmost benefit to others"*

Sixth, the subtle consciousness moves from below, up to your heart chakra.

You have a vision of a radiant red appearance, like a brilliant summer sunset Due to familiarity with the dying process now remember: *"In my next life may I be of utmost benefit to others....."*

Seventh, the subtle consciousness absorbs into your heart chakra Your vision fades to darkness similar to when you become unconscious. Due to familiarity with the dying process now

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remember: *“In my next life may I be of utmost benefit to others....”*

Eighth, your consciousness absorbs into a very subtle state. You experience the clear light of death, which is the actual pure nature of your mind.

Due to familiarity with the dying process now remember: *“In my next life may I be of utmost benefit to others”* Stay quietly in this space of silence and clarity for a few minutes.

Then think; *“I will take rebirth in order to be of utmost benefit to other”* Due to that desire your consciousness leaves your old body and takes rebirth.

The eight stages of dissolution happen in reverse order. You experience the appearance of:

- Darkness
- Radiant red appearance, like a brilliant summer sunset
- Radiant white appearance, like the autumn sky at dawn
- A flickering flame, like a candle flickering in the wind
- Sparks flying upward
- Billowing smoke
- A shimmering mirage

Feel happy that you have been able to take a positive rebirth for the benefit of others, even though it is just in meditation. Now spend a few moments focusing on the natural flow of the breath.

Dedication

Think: *“May I quickly realize the pure nature of my mind and achieve my full potential so that I can help others achieve that same state...”*

Venerable Lozang Yonten

Karuna also has experienced people you can talk with on:
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