

Care of the mind

Using death awareness to your advantage

Awareness of death can transform our fear of it into an appreciation of life and a desire to make each moment meaningful.

Knowing life is finite makes every day precious. Awareness of death motivates us to make the most of every day and to clarify what we value, what we want to achieve, and what contributions we want to make.

We gain the passion to be who we want to be, and the courage to avoid what we will regret. At the end of our life we will want to be at peace with who we are and how we have lived our life. The last thing we want is to regret what we did, or didn't do, with our life when we had the opportunity.

Also, if we believe there is some part of us that continues on after death it fires our resolve to become who we want to be in that future life.

Here are some practical ways to use awareness of death in everyday life:

Life wisdom

Awareness of death keeps life's problems in perspective. A wider perspective can calm your mind and help you feel less overwhelmed. On the other hand, when you experience happiness, remembering death and impermanence helps you hold these fleeting pleasures lightly so you can enjoy them without fearing their loss.

Enriched relationships

Being aware of the limited time you have with your loved ones helps you be more generous and kind towards them, remembering to cherish shared moments and express your love and appreciation. Awareness of your mortality also helps you curb your frustration or resentment and be more patient and caring. It makes it easier for you to be at peace with others and forgive those who have upset or harmed you. It encourages you to reconcile any broken relationships and helps you have an open heart and a caring connection with others.

Sincere compassion

Just like you, everyone wants to enjoy life and avoid death. It is something that links us all. If you fear death you can have compassion for others who have the same fear. If you are ready

Care of the mind

for death, you can have compassion for those who are yet to find this sense of peace.

Courage

Remembering death gives you the courage to explore your beliefs about it. The more you understand death and dying, the less fearful it will be to you.

Facing the things you fear builds your confidence and enables you to prepare for the journey ahead. This is especially important when fearful things are unavoidable.

Personal wellbeing

Contrary to what you may expect, remembering death can actually enhance your wellbeing. It gives you the opportunity to rejoice in the positive things you have done with your life and to resolve to continue living meaningfully. By frequently reviewing and taking responsibility for your thoughts and actions, you will be at peace when you die.

Letting Go

Remembering the impermanent nature of things makes it easier to deal with the constant change and uncertainty you face in life. Understanding this helps you freely enjoy every moment of life without holding on tightly to people and things.

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