

Care of the mind

Awareness of death

We can gain a healthy acceptance of death through ongoing reflection on the certainty of death and the uncertainty of the time of death. You can do this formally through meditation practices or by being aware of the continuous change taking place in everything and everyone around you.

Death is certain

The impermanent nature of life means that from the moment of conception movement towards death begins. Everyone, no matter their wealth, social standing, life achievements or qualities, must experience this reality.

The time of our death is uncertain

Life is fragile and, like a water bubble, it can end at any time. There are many causes of death, such as illness, aging or premature death due to injuries. Even the things we rely on for life can cause death such as the food we eat, the cars we drive, and the medical treatments we hope will extend our lives.

As we know people die at all stages of life: in infancy, childhood, young adulthood, middle adulthood and old age. To think about this reality can reduce the shock and disbelief we experience when someone dies unexpectedly.

We all live with the uncertainty of not knowing how long our life will last. Awareness of the fragility of all life helps us cope and builds our resilience.

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



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