

Remember Death

The death of your body is inevitable. Therefore, the truly intelligent thing to do is to acknowledge and contemplate that which you know is going to happen one day.

Thinking about death isn't a gruesome task, but a realistic one. Remembering that your journey in this world will end one day helps you to see beyond the materialistic level of life. Remembrance of death inspires you to be generous while you're here, makes it easier to let go of ego and false pride, and encourages you to appreciate each moment (see Chapter 4).



Consider

When you become more comfortable with the idea of death, you may also become aware of an essence within yourself that's beyond birth and death. This is a great bonus!