

The 9-Point Meditation on Death

- The three root contemplations:
 1. It is certain that we will die
 2. It is uncertain when we will die
 3. At the time of death, only Dharma helps
- Nine reasons (3 for each of the 3 roots)
- Three decisions (one at the end of each root)

First Root: It is Certain That We Will Die

The three reasons:

- A. The “Lord of Death” will certainly come and there’s no way to prevent this
- B. Our lifespan can’t be increased, but diminishes incessantly
- C. We might die without having had much time to practice Dharma

Decision: I must practice Dharma.

Second Root: It is Uncertain When We Will Die

The three reasons:

- A. The lifespan in this world is uncertain
- B. The causes of death are many and the causes of life are few
- C. Our body is extremely vulnerable

Decision: I must practice Dharma from now on.

Third Root: At the Time of Death, Nothing But Dharma Helps

The three reasons:

A. We cannot take our family and friends

B. We cannot take our possessions

C. We cannot take our body

Decision: I must practice the Dharma without falling under the influence of my body, friends, possessions, and so on.