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.