

CORPSE/DEATH MEDITATION

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Sitting or lying down in a comfortable place, allow your eyes to close, and relax into the present-time experience. Feel your breath as it comes and goes.

Pause

Notice the heaviness of the physical body, the pressure against the cushion or floor. Feel the effects of gravity on your body.

Pause

Begin to imagine or visualize your body as a corpse. See your body as motionless and inanimate. Acknowledge that this is the inevitable destiny of the body and breathe in and out of the place of acceptance of death.

Two minutes of silence

Now begin to see your body as dead for several days, bloated and beginning to rot.

Pause

Imagine your body as lifeless and in an advanced stage of decomposition.

Pause

Allow your imagination to be as graphic as you'd like--worms eating your flesh, maggots, and so on.

Two minutes of silence

Then move on to seeing your body as a skeleton, all the flesh and blood gone, bones and ligaments alone remaining. Even the bones are beginning

to crumble, eventually falling apart and scattering until finally only dust remains.

Two minutes of silence

After some time, allow the reflection to end and return to mindfulness of your breath and body in the present moment.

Two minutes of silence

This meditation is meant to bring appreciation and preciousness to life.

One minute of silence

By acknowledging death and decay we remember the importance of each moment of life.

Three minutes of silence

(Ring Bell)

Approx. 15min