Meditation-content

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**SUBJECT: We All Have To Pass On, <firstname>. Is Your Mind Prepared For Death?**

The Buddha says that no matter how well prepared most people think they are for death, it comes upon them like an avalanche. So many people get so busy living their lives, multitasking, raising families, developing wealth and the like that they just never seem to want to sit down and meditate on death.

It does sound a bit off, doesn’t it? However, there are some amazingly powerful benefits that can be gained by meditating on, and thereby preparing for death, whenever it may come to you or someone you love.

Some things are out of our control. Wise men say that it’s good to mentally prepare for events, especially if they have the potential to knock you out of emotional balance. Since dying is a natural part of life, it is powerful to meditate on it.

See death occur. See the death of your loves ones occur. Someday, it will happen to all of us. Are you ready to handle it? Are you prepared to help others face death? Visit XXX today and discuss how you feel.