

IF YOU DO NOT MEDITATE ON DEATH, YOU WILL NOT BE MINDFUL OF YOUR DHARMA PRACTICE

ALTHOUGH YOU MAY PRACTICE SOME DHARMA YOUR PRACTICE WILL BE LARGELY ONLY PROCRASTINATION

YOUR PRACTICE WILL BECOME IMPURE

YOUR PRACTICE WILL LACK STAMINA

DISADVANTAGES OF NOT MEDITATING ON DEATH

YOU WILL CONTINUE TO CREATE NEGATIVE KARMAS

YOU WILL DIE IN A STATE OF REGRET

THREE ROOTS

YOUR LIFE WILL BECOME PURPOSEFUL

MINDFULNESS OF DEATH IS AN EXTREMELY POWERFUL OPPONENT TO DELUSION

ADVANTAGES OF MEDITATING ON DEATH

MEDITATION ON DEATH IS IMPORTANT IN THE BEGINNING OF EVERY PRACTICE AS IT INSPIRES ONE TO DO THE PRACTICE AND TO DO IT WELL

MEDITATION ON DEATH IS IMPORTANT IN THE MIDDLE OF EVERY PRACTICE AS IT INSPIRES ONE TO EXERT ONESELF BOTH INTENSELY AND WITH PURITY

MEDITATION ON DEATH IS IMPORTANT AT THE END OF A PRACTICE AS IT CAUSES ONE TO PERFECT AND COMPLETE THAT PRACTICE

YOU WILL DIE HAPPILY AND WITHOUT REGRETS

INEVITABILITY OF DEATH

TO DATE, DEATH HAS COME TO ALL HUMANS

DAY BY DAY LIFE EBBS, WITH NO CHANCE OF INCREASE

ALTHOUGH ALIVE, WE FIND SUCH A LITTLE TIME TO PRACTICE DHARMS

UNCERTAINTY OF TIME OF DEATH

ALTHOUGH ALIVE, WE FIND SUCH LITTLE TIME TO PRACTICE DHARMA

THE LIFESPAN OF HUMANS ON THIS PLANET IS NOT FIXED

MANY FORCES OPPOSE LIFE AND FEW SUPPORT IT

THE HUMAN BODY IS EXTREMELY FRAGILE

THREE DETERMINATIONS

DETERMINATION TO PRACTICE DHARMA

DETERMINATION TO PRACTICE DHARMA IMMEDIATELY

THE DETERMINATION TO PRACTICE DHARMA PURELY, UNMIXED WITH MATERIALISTIC TENDENCIES

STRENGTH OF SPIRITUAL REALIZATION

AT THE TIME OF DEATH, NOTHING BUT ONE'S SPIRITUAL REALIZATION IS OF VALUE

WEALTH, POSSESSIONS, FAME OR SOCIAL POWER ARE OF NO VALUE

FAMILY, FRIENDS OR RELATIVES ARE OF NO VALUE

EVEN YOUR BODY WILL BE OF NO VALUE

