

Meditare mortem & Mindfulness of Death

Post by “Joshua” of March 6, 2020 at 10:47 AM

It has been too long, Cassius!

The meditation on death has still a further use; that of overcoming lust or longing. The idea is to visualize the person to whom you are attached, and to "watch" them (in your mind) go through the various stages of sickness, aging, death, decay, and finally decomposition.

Whatever there may be gained by way of perspective in all of this, I can't see the pleasure in it—and I have an indistinct dislike for the morbidities involved. This was the version of death-meditation I employed myself.

Didn't work.

And upon reflection, I'm saddened to think I hoped for it.