

Meditare mortem & Mindfulness of Death

Post by “Joshua” of March 6, 2020 at 4:11 PM

That is all to the good, Eugenios! Another good practice, which I have occasionally employed; try to visualize the field of void and matter that stretches away from you in every direction as you stand, for example, in a quiet wood, or a crowded and busy intersection. See if it is not suggestive to you in a similar vein!