

# Meditare mortem & Mindfulness of Death

Post by “Don” of March 6, 2020 at 5:44 PM

[Quote from JJElbert](#)

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.

I like that! I can see how it would put things into perspective.