

## Practical exercises: PD2

Post by “Godfrey” of July 4, 2021 at 1:49 PM

Quote

***PD2: [Death is nothing to us](#); for what has disintegrated lacks awareness, and what lacks awareness is nothing to us.*** (Peter Saint-Andre translation)

***Exercise: visualize your death in detail: physical feelings, surroundings, smells, sounds, mental state, thoughts. Make it personal, not abstract.***

***Notes:*** Two ways of doing this are:

- to visualize dying well
- to visualize random ways in which you might die.

Either way, be aware of the feelings this stimulates in you as to how you should live your life and how you define pleasure for yourself in this context.

NB: Do NOT do this exercise if you are feeling any symptoms of depression.