

Thinking About Death - Preparation for Death and Dealing With Death of Loved Ones

Post by “Martin” of November 9, 2022 at 12:44 PM

In order to die as we lived in pleasure, we should avoid taking pain killers because practicing pain management by mental methods prepares us for a still mostly pleasurable experience when we suffer a painful death.

Just before death, we may be very confused. Therefore, we should practice focusing on pleasure at times when we are confused (preferably mental pleasures to avoid accidents in that state of confusion) such that we can assure pleasure to the end when we die.