

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

Post by “Kalosyni” of March 13, 2023 at 3:15 PM

In Letter to Menoeceus, it says:

"...train yourself to hold that [death is nothing to us](#), because good and evil consist in sensation, and death is the removal of sensation. A correct understanding that [death is nothing to us](#) makes the mortality of life enjoyable — not because it gives you an unbounded span of time, but because it removes the desire for immortality. There is nothing terrifying in life to someone who truly understands that there is nothing terrifying in the absence of life."

[Joshua](#) brought up during the last podcast the phrase "accustom yourself" to hold that [death is nothing to us](#) -- and that can be contemplating that the dying process is a natural process. And we have modern medicine now to help with the process.

Here is a very good article about the process of dying -- death due to incurable illness in old age.

Quote

It's hard to ask your doctor what dying will be like. Death is a reality everyone will face one way or another. If you have an incurable illness, knowing what to expect as your body shuts down helps you prepare for as "good" of death as possible.

<https://healthnews.com/family-health/end-of-life-care/what-is-dying-like-a-nurse-explains-what-dying-bodies-do/>

I think it is important to contemplate this, and to let this be motivating toward living a full and pleasurable life.