

NOTES BY VENERABLE NAMGYEL FOR THE LAM RIM TEACHING ON IMPERMANENCE AND DEATH. 23RD AUGUST 2020.

Shantideva said:

Leaving all, I must depart alone.  
But through not having understood this,  
For the sake of my friends and foes,  
I have committed various kinds of evil.

Faults of not meditating on death are under the following headings:

- 1) You will not remember the Dharma.
- 2) You will not practise the Dharma even if you remember it.
- 3) Even if you practise the Dharma, you will not practise purely (see 8 worldly dharmas).
- 4) Your practise will lack persistence.
- 5) You will preclude yourself from liberation by performing non-virtuous actions.
- 6) You will die full of regret.

Nagarjuna said:

Knower of the world! Gain and loss,  
Pleasure and misery, fame and disrepute,  
Praise and denigration, to these eight worldly dharmas,  
Retain a level head. Do not let them influence your mind.

The eight worldly dharmas are:

1. Being pleased when receiving wealth.
2. Being displeased when losing wealth.
3. Being pleased when experiencing pleasure.
4. Being displeased when experiencing misery.
5. Being pleased at being famous.
6. Being displeased at being in disrepute.
7. Being pleased when praised.
8. Being displeased when denigrated.

Advantages of meditating on death:

1. Your actions become very beneficial.
2. Your Dharma practice becomes powerful.
3. It is important in the beginning,
4. The middle,
5. The end.
6. You will die with a peaceful and happy mind.