

All of us will die
sooner or later.

Your life span is
decreasing
continuously.

Death will come
whether or not you
are prepared.

Your life span, like
that of all living
beings, is not fixed.

Death has
many causes.

Your body is
fragile
and vulnerable.

Your loved ones
cannot keep you
from death.

At the moment of
your death, your
material resources are
of no use to you.

Your own body
cannot help you at
the time
of your death.

The Nine
Contemplations of
Atisha