



The Nine Contemplations of Atisha

1. All of us will die sooner or later.
2. Your life span is decreasing continuously.
3. Death will come whether you are prepared or not.
4. Your life span, like that of all living beings, is not fixed.
5. Death has many causes.
6. Your body is fragile and vulnerable.
7. Your loved ones cannot keep you from death.
8. At the moment of your death, your material resources are of no use to you.
9. Your own body cannot help you at the time of your death.