

## MARAṄĀNUSSATI BHĀVANĀ

Meditation on Death

1. **Pavāta dīpa tulyāya  
Sāyu santatīyākkhayaṃ  
Parūpamāya saṃphassaṃ  
Bhāvaye maraṇassatiṃ**

Seeing, with wisdom, the end of life in others, and comparing this to a lamp kept in a windy place, one should meditate on Death.

2. **Mahā sampatti sampattā  
Yathā sattā matā idha  
Tathā ahaṃ marissāmi  
Maraṇaṃ mama hessati**

Just as in this world, beings who once enjoyed great prosperity, are now dead, even so one day will I die too. Death will indeed come to me.

3. **Uppattiyā sahe veḍaṃ  
Maraṇaṃ āgataṃ sadā  
Maraṇattāya okāsaṃ  
Vadhako viya esati**

This Death has come along with birth. Therefore, like an executioner, death always seeks an opportunity to destroy.

4. **Īsakaṃ anivattantaṃ  
Satataṃ gamanussukaṃ  
Jivitaṃ udayā atthaṃ  
Suriyo viya dhāvati**

Life, without halting for a moment, and ever keen on moving, runs like the sun that hastens to set after its rise.

5. **Vijju bubbula ussāva  
Jalarāji Parikkhayaṃ  
Ghātakova ripū tassa  
Sabbattāpi avāriyo**

This life comes to an end like a streak of lightning, a bubble of water, a dew drop on a leaf, or a line drawn on water. Like an enemy intent on killing, death can never be avoided.

6. **Suyasattāma puññiddhi  
Buddhi vuddhi jinadvayaṃ  
Ghātesī maraṇaṃ khippaṃ**

## **Kātu mādisake kathā**

If death could come in an instant to the Buddhas endowed with great glory, prowess, merits, supernatural powers and wisdom, what could be said of me?

7. **Paccayānañca vekalyā**  
**Bāhirajjhattu paddavā**  
**Marāmoram nimesāpi**  
**Maramāno anukkhaṇan ti.**

Dying every instant, I shall die within the twinkling of an eye, for want of food, and through internal ailments, or through external injuries.