

I have taken the words and teachings from this sutra “The Teachings to be Given to the Dying” in the Anguttara Nikaya and made them into a song. It is a lullaby song that can be sung to the person who is nearing their last breath:

*This body is not me; I am not caught in this body,
I am life without boundaries,
I have never been born and I have never died.
Over there the wide ocean and the sky with many galaxies
All manifests from the basis of consciousness.
Since beginningless time I have always been free.
Birth and death are only a door through which we go in and out.
Birth and death are only a game of hide-and-seek.
So smile to me and take my hand and wave good-bye.
Tomorrow we shall meet again or even before,
We shall always be meeting again at the true source,
Always meeting again on the myriad paths of life.*

Singing this song to a dying person can help them be free from thinking that they have a permanent identity that is connected to any part of the body or mind. All things that are composite decompose, but our true selves do not disappear into oblivion. This kind of guided meditation helps us to avoid being caught in the idea that we are this body, we are this thought, and we are this emotion. We are actually not these things. We are life without limit. We are not caught in birth, we are not caught in death, we are not caught in being, and we are not caught in non-being. This is the truth of reality.