



# Process of Birth and Death

## Four Causes of Death

- ◆ Through the expiration of life span
- ◆ Through the expiration of productive kamma
- ◆ Simultaneous exhaustion of above factors
- ◆ Emergence of destructive kamma that causes untimely death

To the dying man, one of the three signs appear vividly before his mind's eye :

1. Kamma - wholesome and unwholesome deeds done in the past.
2. Kamma nimitta - sign of kamma, any instrument used on performing wholesome or unwholesome kamma.
3. Gati nimitta – sign of destination where rebirth is to occur.

## Order of Ripening of Kamma

- ✦ Weighty kamma (garuka kamma) – causing schism in Sangha, wounding a Buddha, murdering an Arahant, Matricide, Patricide.
- ✦ Death proximate kamma (asana kamma) – kamma that is performed or remembered shortly before death.
- ✦ Habitual kamma (acinna kamma) – kamma one habitually performs either good or bad.
- ✦ Reserve kamma (katatta kamma) – includes any remaining kamma potent enough to cause rebirth.

## Proposals for Skillful Dying

The last thought moment is usually conditioned by the general conduct of a person. The unwelcoming sign before death, however, can be changed, so it is important that we remind the dying person of his good deeds and turn his attention away from all worldly bonds and worries. We can also provide the dying person with the opportunity to listen to Pāli Chanting, listening to Dhamma talks, making flower pūjā (offering) on his behalf, reminding the dying person to mentally recite the these refuges continuously or just keep awareness on the breath.

