

Funeral Meditation

The way we react to life events may be holding us back, causing us to avoid the opportunities we have and not take the chances that arise.

This exercise is perhaps less morbid than it would first seem. Rather than boosting anxiety regarding our limited time on this planet, this powerful meditation helps us reflect on what matters to us.

Find some time and quiet to carry out the following steps (modified from Forsyth & Eifert, 2016):

Step one: once comfortable, close your eyes and take several slow, deep breaths. Imagine your funeral in as much detail as you can without causing too much upset. For example, picture the faces of your loved ones, the soft music in the background, and even the casket.

Step two: now imagine those who know you best standing up, in turn, to talk about you. *What did they say? What would you like them to say? How would you like them to remember you? Stay with these thoughts for a few moments and think about what you would like your legacy to be.*

Step three: when ready, take a few more slow, deep breaths and open your eyes.

Then, answer the following:

What did people say about you?

What would you have liked people to say about you?

The final answer contains your values, what is important to you.

How did what other people say differ from what you wanted to hear?

Did they say you were uptight, stressed, and constantly reacting? Or was it, “I wish they had done more with their life, but they couldn’t get over their fears”?

The good news is you still have time to change who you are. “You can start living the way you want to be remembered later on” (Forsyth & Eifert, 2016, p. 115).

References

- Forsyth, J. P., & Eifert, G. H. (2016). *The Mindfulness & Acceptance Workbook for Anxiety: A Guide to breaking free from Anxiety, Phobias & Worry Using Acceptance & Commitment Therapy*. Oakland, CA: New Harbinger Publications.

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