

Writing Prompt: This is what I release

I have an app on my phone—WeCroak—that reminds me five times a day that I’m going to die.

The idea is that Buddhists are supposedly the happiest people on earth because they intentionally think about their deaths five times a day; these reminders bring what’s most important into focus, thus making each moment we’re alive to experience them more appreciated and precious. This, in turn, leads to gratitude and happiness.

The reminder is always accompanied by a quote. One of those quotes is from Thich Nhat Hanh about how 300 years from now, any person who is currently vexing my life will be nothing more than ash.

And so will I.

So I release the hold that anyone (and there are many!) may currently have on me, seeing the bigger picture of my life, life in general, our world, and the cosmos, allowing Ruah to blow away any residual ashes.

