

# Cemetery excursion



A technique of Sapience, to try in case of temporary problems that seem difficult to overcome...

## A moment of calm and meditation

### Relax and refocus on the essentials

Take half an hour for a visit to the cemetery, walk through the alleys, possibly read the names and dates on a few graves. This is an opportunity to put your difficulties into perspective: if you have them, it is because you are alive. Look, listen, feel the breeze, the birds, the walkers, the wild grass, the dust of the years... Feel the calm of the place and the possible vanity of your worries about eternity. Discern what is really essential. Salute the dead (RIP) and then go back to the living.

*Photo credit: Chris Anderson - Unsplash stock image*

*"Life writes in pencil, death passes the eraser." Christian Bobin*

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### Ease

Find a cemetery near you

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### Efficiency

Allows you to put your worries into perspective and calm down

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### Point of vigilance

Respect the place and don't miss the closing time!



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