Homework after Class 2

1. Review the “Aspiration” handout. What is your current aspiration?

2. Copy out one verse in Chapters 1-3 that is especially meaningful or impactful to you, and bring this to class for sharing next week.

3. Try moving out onto the frontier of your meditation practice with this Meditation Challenge. Using any or all of The Five Remembrances (see below), try to make the teaching of impermanence (anicca) very real & personal.

For example, you might look deeply into #1. Begin meditation by grounding yourself in the body or the breath. When the mind feels more relaxed, recite the Remembrance.Then bring it into your body. Where do I see growing old in this body? Where do I feel growing old in this body? How deeply can I accept and rest in the experience of growing old in this body?
What result do you experience from this deep acceptance?

Another example: Include the remembrance in your First-Thing-in-the-Morning practice. Does reflecting on anicca serve as a spur to make the most of your Precious Human Birth today.

Be creative in finding ways to incorporate the recognition of impermanence in a skillful and positive way.