Homework: Three things to do before Class 4

First, Really pay attention to Chapter 3. Can you find where Shantideva states his aspiration and his vow? Does it inspire you? If so, how can make use of it? If not, what aspiration would inspire you?

Second, As we did in the Dyad during Class 3, repeat Remembrance #4: "All that I hold dear and everyone I love are of the nature to change." Reflect on those words. How does this apply to me? What particular event (e.g., house fire, someone dies, a serious diagnosis, a financial disaster) creates fear in you?

Write down the event. (Be brief, as in the examples). Write it down, so you can remember the particular thought that aroused the fear.

Below the event, write two sentences:

If (name the event) happens, I will _____(complete the sentence.)
If (the same event) happens, I won't _____(complete the sentence.)

Bring the event and the two sentences to Class 4.

Third, Geshe Lama Thondrup says, "You cannot realize bodhicitta, the most exalted state of compassion described in Buddhism, without first having **realized genuinely** the truth of Impermanence. I'm sorry, but without realizing Impermanence, you cannot become a Bodhisattva."

Assuming this is true, What can I do to integrate the Truth of Impermanence in my mind, and heart, and life. What kind of study and practice can I do to make this real for me? How can I manifest this realization in daily life? What will it take for me to realize impermanence, to integrate it, so realization becomes how I see life and the world?