

Discovering Buddhism

Death and Rebirth

Class Two

Homework

1. Read "Remembering Death" by Lama Zopa Rinpoche, and "Reincarnation" by Geshe Rabten
2. Sit in meditation 5 times this week: check your posture, set your motivation, and watch your breath for 5 minutes. Then follow the continuity of the thoughts in the mind. First observe them as they come in the present; then trace them backwards as far as possible. Remember to end with a dedication.
3. Question for contemplation: We all understand intellectually that we are going to die. How would our life be different if that understanding were constantly present in our mind stream?