

Discovering Buddhism

Death and Rebirth

Class Three

Homework

1. Read "Life, Death and After Death" and "Transference of Consciousness at the Time of Death" by Lama Thubten Yeshe
2. Identify and set up your meditation space.
3. Sit in meditation 5 times this week: check your posture, set your motivation, and watch your breath for 2 minutes. Spend 10 minutes in analytic meditation on the 9 point death meditation. Remember to end with a dedication.
4. Question for contemplation: It is said that meditating on death makes this life more meaningful. Agree or disagree?