

Discovering Buddhism: Death, Impermanence and Rebirth
Class Three Homework
July 2, 2007

1. Finishing all readings and texts for the module
2. Continue to do Death Awareness meditation and add to it the meditation on the Process of Dying (see below).
3. Be prepared to explain how preparing for a peaceful death NOW is actually creating the causes for a happy life NOW.
4. Imagine the appearance of the eight signs of death within threefold mindfulness, identifying the sign that is appearing, the previous sign, and the one coming up. Practice the series of eight in conjunction with reflection on emptiness. Each has three parts, except for the first and last, which have two.
 - **Mirage** is appearing. Smoke is about to dawn.
 - **Smoke** is appearing. Mirage just passed. Fireflies are about to dawn.
 - **Fireflies** are appearing. Smoke just passed. A flame is about to dawn.
 - A **flame** is appearing. Fireflies just passed. A vivid white appearance is about to dawn.
 - A vivid **white appearance** is appearing. A flame just passes. A vivid red-orange increase is about to dawn.
 - A vivid **red-orange** increase is appearing. A vivid white appearance just passed. A vivid blackness is about to dawn.
 - A vivid **blackness** (near attainment) is appearing. A vivid red-orange increase just passed. The mind of clear light is about to dawn.
 - The **mind of clear light** is appearing. A vivid blackness just passed.

In the last class, we will review pertinent information presented, attempt to answer any remaining questions, talk about how to help someone who is dying (also how to instruct others to help us through our own death), and take a brief (easy) quiz so you can demonstrate your mastery of the material ☺