

Discovering Buddhism

Death and Rebirth

Class One

Homework

1. Read "Death, Intermediate State, and Rebirth" by His Holiness the Dalai Lama
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 10 minutes. Remember to end with a dedication.
4. Question for contemplation: In Buddhism, we are taught to cultivate "death awareness." Many people speak of Buddhism as a gloomy religion or philosophy. Agree or disagree?