

DB 05: Death and Rebirth

Class I Homework, July 24, 2023

1. Throughout this week, take moments to stop and notice what you are thinking about; then trace back through the river of thoughts that brought you to the current thought.
2. Additionally, meditate on, or think about, the causes and conditions of how things continually change.
3. Bring your thoughts, questions, comments, concerns to the next class or email them to Steep at steepsmith@gmail.com.

Class II Homework, July 31, 2023

1. Begin the online readings for this module.
2. When can you apply the awareness of death in a way that is beneficial? In a way that brings you peace instead of fear? {from class, recall the “6 Disadvantages of Not Meditating on Death” and the “6 Benefits of Meditating on Death”}
3. Throughout the day, recall that life is like a dream.