

Fathomless Treasures - Week 1 (4/30/26)

Reminder: Class starts at 6:30pm, and at 6:20 I will answer any questions each week.

1. **Sitting:** For a minimum of 10-20 minutes per day. Do your best! Keep your meditation simple (no apps or if you use them only a few times a week)
2. **Practice Gratitude:** Text or e-mail your buddies, 3 things you are grateful for each day. Can be anything.
3. **Contemplate:** What has already disappeared in your life:
 - a. Contemplate that things that are here today are gone tomorrow
 - b. Ask your self what really matters, what really counts?
4. **Reflect:** All conditioned phenomena are impermanent. Their nature is to arise and pass away. Living in accordance or harmony with this truth brings the highest happiness.
5. **Notice:** Impermanence around you. Aware of the changing nature of trees, the body (look in the mirror), other people or objects in your environment. **What is your relationship to change?**
6. **EXPLORE:** As you go through your days, **search for something that is permanent, notice all the things that are impermanent.** Check this out with attitudes, perceptions, relationships, the body, feelings (pleasant, unpleasant, neutral), emotions, thoughts, experiences. Also **explore impermanence as you go through your daily tasks**, while at work, driving, cooking or preparing meals, going to bed at night. **Is anything permanent?** Impermanence is one of the three makes of existence. **Is it true that impermanence is a trait of existence? Have Fun Exploring!**

7. **The 5 Daily Reflections:**

1. **Reflect:** *I am of the nature to age. I am subject to aging. Aging is unavoidable.*
2. **Reflect:** *I am of the nature to be ill. I am subject to illness. Illness is unavoidable.*
3. **Reflect:** *I am of the nature to die. I am subject to death. Death is unavoidable.*
4. **Reflect:** *All that is mine, beloved and pleasing, will become separated from me. I will grow different, separate from all that is dear and appealing to me.*
5. **Reflect:** *I am the owner of my actions (karma), Heir to my actions. Born of my actions, Related through my actions, Abided supported by and live dependent on my actions. Whatever I shall do, for good or for ill, of that I will be the heir.*

Updated reflections

1. **Reflect:** *I am of the nature to age. Aging is unavoidable.*
2. **Reflect:** *I am of the nature to get ill. Illness is unavoidable*
3. **Reflect:** *I am of the nature to die. Death is unavoidable.*

4. **Reflect:** *All that is dear to me and everyone I love are of the nature to change. There is no way to escape being separated from them.*
5. **Reflect:** *My actions are my only true belongings. I cannot avoid the consequences of my actions. My actions are the ground on which I stand.*