

## **Fathomless Treasures-Week 2 (5/7/26)**

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

1. **Sitting:** For a minimum of 10-30 minutes per day. Do your best! Keep your meditation simple —No apps. (if you use apps- try using only a couple of times during the week)
2. **Practice Gratitude:** Write down or say to your assigned buddies from the first class, 3 things you are grateful for each day. They can be anything. ***Please also share with your “practice buddies” one thing you about aging that you noticed or explored each day.***
3. **Read & Reflect:** The 5 Reflections & Impermanence Reflection. (found at the end\*\*)
4. **This week-Reflect:** *I am of the nature to age. I am subject to aging. Aging is unavoidable.*
5. **Contemplate the following questions.**
  - a. ***What*** are your feelings about aging?
  - b. ***What*** do you look forward to?
  - c. ***What*** do you fear?
  - d. ***What*** negative images have you internalized?
  - e. ***What*** positive images have you internalized? (Have they come from the media? Books? Your family? Professional contacts? Your community?)
  - f. ***Take*** a few moments to close your eyes. In your mind review your list of positive images. With this list in mind, create an image of your ideal elder.
  - g. ***Imagine*** going through your day as your ideal elder...interacting with your family, friends, professional colleagues, younger friends and others you might meet. How does this feel? What might you be doing?
6. **Notice: Aging in Yourself & Others.**
  - a. ***This week imagine all young people*** around you as they might appear 50+ years from today. See them with compassion & appreciation, as you imagine them.
  - b. ***When you are around older people*** reflect that they were young & envision them in their youth. Having lived all those years, they have a lifetime of memories and lessons that others often don't realize are right inside. Treat them with honor & respect as you reflect on their lifetime of experience and wisdom.
7. **Explore:** And appreciate the vitality you currently have knowing & accepting that it will likely diminish with time. Whatever your current age, envision yourself as moving into or

further into Elderhood, whenever that time comes for you.

**\*\*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 sicken 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. 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.*

**Impermanence Reflection:**

*All conditioned phenomena are impermanent. Their nature is to arise and pass away. To live in harmony with this truth, Brings the highest happiness.*