

## **Fathomless Treasures-Week 3- 2026**

**NO CLASS NEXT WEEK 5-21-26 Next Class 5-28-26**

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

1. **Sitting: For** a minimum of 15-30 minutes per day. Do your best!
2. **Practice Gratitude:** Write down, text or e-mail your buddies, 3 things you are grateful for each day. They can be anything. The Buddha pointed to awakening to help us discover aspects of life that are often overlooked, especially unconditioned awareness and boundless love. **Reflect** on conditional & unconditional love.
3. **Read & Reflect: Read the 5 Reflections daily Listed at the end.**
  - **Reflect: I am of the nature to get ill. I am subject to illness. Illness is unavoidable.**
4. **Notice: Everyone around you through these lenses:**
  - That they have already experienced or are currently experiencing or could experience a serious medical condition. See this not as some mistake but instead, in a world of impermanence, as part of what we are asked to come to terms within life.
  - Hold your own past, present or future medical challenges as practice opportunities. How did you or might you use them as a source of awakening? What have you learned or are you learning? Share this reflection with your buddy.
5. **Explore:** If you get a cold, flu, toothache, headache, have allergies to pollen, etc.- Do your best to use it as an opportunity to soften around the unpleasant & investigate how resistance turns pain into suffering, the unpleasant into the unbearable. **Open** to the discomfort. Meet it with kindness. Soften, open, explore, continue to soften, make room for your life. **As you practice, notice the life force within and maybe Practice Living!**
6. **Also Explore:** Every day, every morning, ask yourself, “As I go into this day, what is the most important thing? What is the best use of this day?” When you go to bed at night, look back at the day. What did you do with it? Did you move any closer to being more loving, compassionate, caring — to being more fully awake? Is your heart-mind more open? What did you actually do? Feel how little time there is & how important it is- how we spend our time in this precious human birth.

**Extra Credit:** During your days, **Pause**, take 1 breaks from your usual thoughts & wake up to the magic & vastness of the world around you. Look outside! This easy & spacious type of mindfulness practice is one of the most important practices during this time of practicing the 5 reflections! Gratitude for your Practice!

### **\*\*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 get 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. 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.*