

Fathomless Treasures – Week 4 (5/28/26)

Class starts at 6:30pm, at 6:20 I will answer any questions

So Grateful for your Practice! Thank you!

1. **Sitting:** For a minimum of 15-30 minutes per day. Do your best!
2. **Practice Gratitude:** Text or email your buddies, 3 things you are grateful for each day.
3. **Contemplate:** All conditioned phenomena is impermanent its nature is to arise and pass away living in accordance with this truth brings true happiness. ***Since death is certain, but the time of death is uncertain, what is the most important thing? (see #7)***
4. **Read & Reflect: Read the 5 Reflections daily.** (**Posted at the end of Home Practices)
 - **Reflect:** *I am of the nature to die. I am subject to death. Death is unavoidable. I have not gone beyond dying.*
 - **Reflect:** *How would you live your life if you had a clear sense of the uncertainty of the time and place of your death... Your own or others?*
5. **Explore:** The fact that you will die. Although you can never know the exact moment or circumstances, envision your ideal moment of death. Who is there? What does the room look like? What's happening?
6. **Notice: Everyone around you through this lens:** For a period of time each day, see everyone around you as corpses (or skeletons) knowing that in time they will be gone from this Earth. Notice how it affects how you relate to them.
 - **Also, as you go through your day occasionally,** you can say silently to yourself, *"I'm going to die, You are going to die."*
7. **Continue to 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 compassionate, loving, 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.***
 - **Throughout your day, Pause,** take several 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 while practicing the 5 reflections!
8. **Extra Credit:** Check out the Five Wishes. The Five Wishes is a legal document that lets you plan in advance how you want to be cared for and how you want to die.
<https://www.fivewishes.org>

****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.*