

Fathomless Treasures – Week 5 (6/5/26)

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.
4. **Read & Reflect: Read the 5 Reflections daily. (below 3 & 4 ***rest of reflections at the end)**
 - **Reflect:** *I am of the nature to die. I am subject to death. Death is unavoidable.*
 - **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.*
 - **OR:** *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. **Death Practices:**
 - **Remember & Gently, silently say to yourself a few times during the day** “I’m going to die.” You may notice the “stories of the mind drop away.” Then ask yourself, “What is happening right now?” Be aware of what is happening. If you notice that you are caught up in a story or a belief: ask yourself, “What would a dying person need or want in this moment?”
6. **Separation Practices:**
 - **Notice: Everyone around you through this lens:**
Practice keeping the 4th reflection in mind as often as you can, with all the different encounters you have (on the phone, computer or in person) **When you** first encounter someone, see if you can feel a sense of delight that they are alive & with you in the moment. **When you’re** leaving a zoom or in person meeting, or saying goodbye to a loved one, a friend, a co-worker, a neighbor, pet(s).or with a beloved person, acknowledge them in some way or hug (physically or virtually) each other for 3 full breaths. OR Say to the person inwardly or out loud, “I love you” or “You matter to me” or whatever feels right in your heart. Knowing that we don’t know how long we have with each person.
 - **Explore: Beginnings & endings, coming together & separations** throughout your day. Use these times to acknowledge change.
7. **Continue to:**

- ***Practice pausing.*** Throughout your day, Pause. Breathe & recognize that these precious moments can be moments of nourishing calm, mindfulness, don't know mind or not knowing. Take a break from your usual thoughts & wake up to the magic & vastness of the world around you. Look outside!
- ***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.***

****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.*