Receiving the Heavenly Messengers

Homework Week 3: Preparing for death

* What makes your life worth living? If I lost this, my life would not be worth living.
* Reflect and write on what you would do if you knew you were going to die one month from today.
* Continue chanting the “Five Subjects for Frequent Recollection” daily
* Meditation
	+ See “Death Contemplations” posted at [www.karunabv.org/homework-and-resources.html](http://www.karunabv.org/homework-and-resources.html) for meditations on “Contemplating Your Own Death” and the charnel ground meditations from the Satipatthana Sutta: Foundations of Mindfulness in Majjhima Nikaya #10
* Readings: The Heavenly Messengers Medical Guide to Illness, The Heavenly Messengers Spiritual Guide to Illness, ACP Conversation, Living with Death PAMF Newsletter, Being Dead Isn’t a Problem
* Read FIVE WISHES (handout) and fill out as much as you can. Choosing your surrogate is the most important part. They have to be able to represent YOUR wishes faithfully.
* Bring images of death, dying and spiritual development next week for the shrine