Receiving the Heavenly Messengers

Homework week 4: Preparing for awakening

* What does faith mean to you?
* Reflect (and write) on your experience of awakening, of liberation from suffering.
* Continue chanting the “Five Subjects for Frequent Recollection” daily.
* Meditation: the Buddha’s instructions for meditation when approaching death – *Beyond Coping* pp. 109-111. Listen to the guided meditation online.
* Readings: AN 9-5.doc, Upanisa Sutta, *Beyond Coping* Advice on Death and Separation pp. 105-122, HM medical guide to dying
* Bring images of serenity, awakening or faith next week for the shrine