Receiving the Heavenly Messengers -- Week 1 Homework

* + Observe elders (Who is old and who is an elder? Whom do you identify with? Who will YOU be when you’re old? What separates being an elder vs. being elderly?)
	+ Reflect (and write):
		1. What do I fear most about aging?
		2. What do I look forward to or cherish about aging?
	+ Chant the “Five Subjects for Frequent Recollection” daily



* + Meditation:

Bring up images of yourself in all the stages of your own aging – birth to death. How will you be in 5 years, 10 years, 20 years? How old will you be when you die?

* + Bring images or objects of aging next week for the shrine
	+ Required reading: “Preparing for death and helping the dying” by Ven Sangye Khadro (you can find the readings at [www.karunabv.org/homework-and-resources.html](http://www.karunabv.org/homework-and-resources.html))
	+ Suggested Reading: “Meeting the Divine Messengers” by Ven Bhikkhu Bodhi also at [www.karunabv.org/homework-and-resources.html](http://www.karunabv.org/homework-and-resources.html)