PREPARING FOR DEATH

Zen Community of Oregon Week # 1

Overview of the Classes: Why prepare for death? Death in our culture. Personal experience, ideas and fears about death, poems, readings, Buddhist teachings, meditations, practical issues and useful documents, movies, and home practices.

Questions:

(1) Have you ever seen a human corpse? If yes, where/when? What did you notice?			
(2) Have you ever been with a person as they actually died? If yes, what did you notice?			
(3) How old do you <i>expect</i> to when How old would you <i>like</i> to be when What would you like to die from	en you die?		
(4) What would be a "good death" for you?			
(5) What do you think happens after death?			
(6) How do you feel about death? (Circle those that apply.)	fear aversion anger	sadness curiosity anticipation	relief happiness other

(7) What is it that you fear most about dying and death?

Meditation: Impermanence

Home Practices:

- (1) Write your own obituary (half page). Write an epitaph for your gravestone. Samples can be found at: https://obits.oregonlive.com/obituaries/oregon/browse
- (2) Listen to people, say goodbye, as if they will die tonight.
- (3) Videos: During the course of this class, watch at least one movie about death (besides the special movies for the third and fourth classes).