

5. Death and Rebirth

Assessment Questions

Please rely on the **session material** and **required readings** to answer the following questions and write one - two paragraphs (only!) in response to each one.

1. Write an explanation of mental continuity and rebirth as if you were writing an article on it for the general public in your local newspaper.
2. Memorize the six disadvantages of not remembering impermanence and death, the six advantages of so doing, the nine-part death meditation and the five forces at the time of death. Then, from memory, without looking at any source material, write them down.
3. How does attachment cause us great suffering at the time of death? How would you feel if you were to die right now? How would you handle it?
4. Explain this quote in detail: "The vision of this life is like last night's dream. All meaningless actions are like ripples on a lake." Who said it?
5. What are the eight worldly dharmas? How do they ruin your life? Give *two* examples of *each* of the eight from your own life and suggest antidotes that you will apply to overcome them.
6. Again from memory, without referring to the books, describe in your own words the details of the dissolution of the twenty-five coarse substances and the various feelings and visions the dying person experiences during the death process.

DEATH AND REBIRTH

Suggested Public Exam Questions

1. What are some of the disadvantages of not thinking about death?
2. What are some of the advantages of thinking about death?
3. Why is remembering death and impermanence one of the best methods to stop delusions?
4. State the three points of contemplation when trying to realize that death is certain.
5. State the three points of contemplation when trying to realize that the time of death is uncertain.
6. State the three points of contemplation when trying to realize what really helps at the time of death.
7. What happens at the death time? What are the stages of dissolution at the time of death?
8. What kind of signs might you look for in a person who is dying to know what stage of dissolution they are at? How might you know that the consciousness has left the body?
9. How does rebirth take place? What determines where a person is reborn?
10. What are the six realms of existence?
11. What kinds of states of mind or actions are likely to trigger a rebirth in one of the lower realms?
12. What kinds of states of mind or actions are likely to trigger a rebirth in one of the upper realms?
13. How can we best prepare for death?

14. How can we help someone else at the time of death?

15. What might we want to remember to do just before we die and at the time of death to insure a good rebirth?

16. What is the meaning of life?!