

Dharma Teacher References, August 2020 Triangle Insight Meditation Community, Durham, NC

August 19, Sarah Gardner (Guest Teacher)

Analayo, 2016: Mindfully Facing Disease and Death, Compassionate Advice from Early Buddhist Texts, Cambridge: Windhorse Publications.

The 5 Daily Contemplations from the Upajjhatthana Sutta in the Anguttara Nikaya

- 1) I am of the nature to age, I have not gone beyond aging.
- 2) I am of the nature to sicken, I have not gone beyond sickness.
- 3) I am subjected to the results of my own actions and I am not free from these karmic effects;
- 4) I am of the nature to die, I have not gone beyond dying;
- 5) All that is mine, beloved and pleasing, will change, will become otherwise, will become separated from me.

Death Awareness Meditations

Recollection of Death from the Ekottarika-agama

This is the meditation that was presented and practiced. Analayo stresses that it needs to be applied directly to the present moment. The certainty of death needs to be combined with the uncertainty of when death will come. In this practice, mindfulness of breath is tied to awareness that this breath could be the final breath one will take.

The other death awareness meditations were presented in a Maranasati talk in 2018 and are listed below.

Maranassati Sutta: Mindfulness of Death (1) (2) in the Anguttara Nikaya

- (1) The basic contemplation is that death may occur in the present moment.
- (2) The basic recommendation is to contemplate death in the evening and morning as well as "Are there any evil, unskillful mental qualities unabandoned by me that would be an obstruction for me were I to die in the night?" And if there are to work on that.

Satipatthana Sutta: The Foundations of Mindfulness – The Nine Cemetery Contemplations in the Majjhima Nikaya

A contemplation of the body in 9 progressive stages of decay with the underlying contemplation "Verily, also my own body is of the same nature; such it will become and will not escape it."

Foulness as a Meditation Subject; Mindfulness of Death in the Visuddhimagga (The Path of Purification)

Foulness as a Meditation Subject – Detailed and graphic instructions for cemetery contemplation of the 10 kinds of foulness of corpses.

Mindfulness of Death – Detailed instructions for 8 ways of recollecting death.

Girimananda Sutta in the Anguttara Nikaya and a Tibetan original apparently brought to Tibet by a Sri Lankan monastic

Analayo recommends using the Girimananda Sutta as a death awareness meditation. It is a discourse that was given to the monastic, Girimananda, who was gravely ill, by Ananda, the Buddha's attendant, as instructed by the Buddha, on insight into the impermanent nature of the five aggregates of clinging, the empty nature of the six sense-spheres, the nature of the body to become sick, the need to purify the mind with the vision of total mental health as the final goal, and the sixteen steps of mindfulness of breathing (Anapanasati Sutta: Mindfulness of Breathing) Afterwards Girimananda was instantly cured. Analayo gives very detailed instructions of how to do this in the book.

The Suttas listed above and the Visuddhimagga can all be found at accesstoinsight.org

August 12, Scott Bryce

The Body Keeps the Score, Bessel van der Kolk

Letters to a Young Poet, Rainer Maria Rilke

Love and Rage: The Path of Liberation Through Anger, Lama Rod Owens

Mindful of Race, Ruth King

The Silence That's Listening (talk), Tara Brach

The Transformative Power of Seclusion, Solitude, Silence (talk), Brian Lesage

Trauma-Sensitive Mindfulness, Daniel Treleaven

August 05, Jean Hamilton (Guest Teacher)

13th, American [documentary film](#) (2016), by director [Ava DuVernay](#),
My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our
Hearts and Bodies, Resmaa Menakem

"Together, You Can Redeem the Soul of Our Nation", by John Lewis.

Transcript of [Dharma talk](#),

<https://files.constantcontact.com/94178a9e001/cfbdd31b-2fd1-465c-9757-ee0bf6f23d5.pdf>