

Questions for Relection/Journaling

Talk 2: *Generosity: A Generous Heart*

1) **The Japanese word *arigato*, which means "thank you very much," literally means "I have difficulty." In other words "Your kindness makes it hard for me to respond with equal grace."** Talk about what your own practice of receiving looks like. Is it generous? I know people who give generously but cannot receive a single thing.

2) In the story of the four-year old Dalai Lama coveting the food his mother brought him at the monastery, notice the connection that he made between loneliness and stinginess. In your own life do you find habits that you wish you didn't have connected to feelings that you wish you didn't have? Pick one to examine closely.

3) Sometimes we do feel stingy. If we then feel shame and deal with that by denying our stinginess, even give something away but in our heart not really wanting to, we are being ungenerous toward our own feelings. Please speak about your own stinginess and your relationship to your stinginess. Also how your relationship with stinginess has changed over the years.

4) Name one or more examples from your own life of giving the three kinds of gifts. Say more about your feelings around giving each kind. Is there one of the three that you would like to make a vow to cultivate more completely?

5) Buddha offered the limitations of his body as dharma gifts. Can you speak to this? What are your physical limitations? Is there one that you can offer as a gift?