

Questions for Reflection/Journaling

Talk 3: *Ethics a Virtuous Life*

1) First, what do you think Rinpoche mean when he says, **Shila means discipline, but it is intelligent discipline, not just following rules?**

2) Second: **The shila paramita is thought of as a way of making one's self available to the practice of whatever one is doing.** Pick out something that you've noticed that you generally do mindlessly. Think about it carefully and try, as an experiment, to lavish attention on it instead. What do you notice?

3) Third: Once we begin to tame our lack of discipline, we discover basic goodness. First we practice and refine our discipline, than we find the goodness. This is the point of paramita practice--to build up the sense that we have something to offer. In your mind what is the essence of what you think you have to offer? It's important to know so that you can organize your life around efficiency and effectiveness in accomplishing this.

4) Fourth: So discipline is a question of learning to behave, exchange discursive thoughts for reality and to appreciate ourselves. In terms of discipline some behavior patterns make more sense than others. Tune into yourself. Are your behavior choices the most sensible in terms of accomplishing your SELF? If not, which ones would you like to change?

5) Fifth: In the mahayana, discipline is formed around our intention, together with how well we follow up on that intenton. Do you typically follow up on your

intentions? Make a list of five intentions and grade yourself on your level of following up.