

Questions for Reflection/Journaling

Series 5, Talk 5: *Joyful Effort: Enthusiasm*

Here are some ideas for your reflection during the week:

Announcement: Questions for reflection are now posted on the website at the same time that the video is posted. In order to integrate the teachings, reflecting on even one of these questions during the week will be extremely useful.

- 1) Joyful effort requires first, knowing one's ultimate purpose and from there, good scheduling and good organization of one's life. Within these three necessities where do you succeed and where do you falter? In the ones where you falter, might you request help?
- 2) So we Zen people are supposed to be like a fish joyfully jumping and splashing in the water, INTERNALLY. In what areas of your life, either now or in the past, have you sounded like this? Might you study this sound so as to fully understand and ultimately include it in everything you do?
- 3) Which kind of laziness do you relate to the most? Can you write your history with it? When did it begin, under what circumstances, how did you deal with it, how are you dealing with it now? Analyze it as if you were a doctor.
- 4) Marie, in her famous book on tidying, tells us to throw all of our t-shirts, say, in a pile in the living room and pick them up, one by one. If it gives you joy you should keep it and if it doesn't (which you will know instantaneously) you throw it away. Give your life the "joy test." Which parts bring you joy and which parts don't? Try to make EVERYTHING in your life bring you joy; otherwise TOSS. Throw it out!
- 5) Exertion or joyful effort is a critical quality. Can you learn from yourself, noticing when it arises, the aspects of those circumstances, who is around, what are you doing, how knowledgeable are you about what you are doing? Get a Ph.d in the joy in your life. Know everything there is to know about it.

