

Series 6, Talk 2, A Bowl of Milk  
*Questions for Reflection*

Here are some ideas to reflect upon during the week:

- 1) First: In your own words describe how the teachings of impermanence, emptiness of self or interdependency, and karma (or cause and effect, e.g., "this is this because that is that") all fit together and are saying the same thing. Try to work on this until you understand. Like an "ah-ha!" moment.
- 2) Second: How do YOU understand the Middle Way and at what points in your life do you struggle with it? Another way of putting this is at what points in your life do you feel that you practice the Middle Way and at what points do you fail to practice it?
- 3) Third: The Dalai Lama says that **Through mindfulness we can glimpse this instinctive wish [to have happiness and avoid suffering] while it is arising.** Try to catch yourself glimpsing this. What were you doing and what were you thinking?
- 4) Fourth: Of the many stories that were told today, which was the most meaningful to you? What part of it especially felt the most moving?
- 5) Fifth: Siddhartha saw that clouds are not born and will not die. If the clouds understood that, he thought, surely they would sing joyfully as they fell down as rain onto the mountains, forests, and rice fields. Do you understand? Why would the clouds be joyful to discover their own impermanence?