

Series 6, Talk 3, The Four Noble Truths
Questions for Reflection

Here are some ideas to reflect on during the week:

1) First: Katagiri's words, "You can't escape pain!"--do you believe this? Describe some occasions when you've tried. It is very important to be sure of this point.

2) Second: **Directly facing the suffering "as it is," is to be free of the suffering.** Does this idea frighten you? You may, in truth, be too afraid to try it. If that is the case, can you speak about this? If that is not the case, can you try doing this? You will probably have an opportunity today.

3) Third: **There is a strong connection with the radical acceptance of our suffering and the development of compassion.** It has been shown that the opposite also seems to be true, e.g., that our expanded use of electronic devices has decreased the empathy of college students, for example, by 40% over that last thirty years. Electronic devices remove us from ourselves. Accepting our suffering goes in exactly the opposite direction.

4) Fourth: With reference to the idea of "planting a seed of virtue," please make a list of what that would look like in your life. Remember, these are small actions or thoughts, though if you are changing a habit it can be a large action. The more you make them conscious, however, the more power such gestures will hold.

5) Fifth: Sometimes when we hear the truth, we don't necessarily *taste* it. Are you that person? Can you experiment consciously with tasting it?

Questions