

Questions for Reflection
Series 6, Talk 7

Here are some points for reflection during the coming week:

1) First: **The life of practice is not passive. It acts; it takes initiative. It reaches out to embrace the universe.** What does this embrace of the universe look like in your life? (Don't forget, everything is the universe, but it would be things that you practice or study with passion.)

2) Second: Thich Nhat Hanh's "love in action"-- What does "love in action" look like in your life today, in the past, or in your plans for your future?

3) Third: Of the Three Minds: joyful mind, magnanimous mind and nurturing mind, nurturing mind, literally "old woman mind," is like the mind or heart of a grandmother's love for her grandchildren, inspiring respect, offering wisdom, and most of all kindness with loving presence. Reflecting on your life, where does this mind appear? Where might it appear? Where has it already appeared but disappeared?

4) Fourth: The words from the Zen Meal Chant--*Innumerable labors have brought us this food. We should know how it comes to us. As we receive this offering, we should consider whether our virtue and practice deserve it . . .* are very moving. Using this or another meal chant that you know, memorize the words and try saying them before your meals and see what happens.

5) Fifth: Right Action stems from Right View. What IS your View? Give an example of how your actions stem from this View. If you have difficulty, it may help to think of the View of your parents and how their actions stemmed from this View.

