

Questions for Reflection
Series 6, Talk 11

Here are some ideas for you to reflect on and write about during the week:

- 1) "Just this is it" is the only thing we can say to express the true reality of our self that is beyond the reach of our words or language. How would YOU put the true reality of YOUR self into words?
- 2) We often deviate from our zazen and then try to return to it. This process of returning is the most important point about our zazen. Comment on this statement of Okumura Roshi's in terms of your own zazen practice.
- 3) The rain has stopped and the moon is there, yet we have to say that even though the moon is there, and it is bright, we still hear the sound of our karmic consciousness. That is what is really happening in our zazen. Do you agree? What is the sound of your karmic consciousness?
- 4) We are deluded within realization and Buddhas are enlightened within delusion, so we are the same. What is your understanding and experience of this statement?
- 5) *Samadhi and daily ordinary life are not two.* Do you believe this? How do you know? Where in your body does this truth live, or not if you don't believe it? Where in your body does this disbelief live?