

Series 6, Talk 9
Questions for Reflection

Here are some ideas for your reflection during the week:

- 1) First: Considering the six realms of Buddhist Cosmology that Sawaki Roshi describes, in which one or ones do you see yourself most frequently abiding? We all cycle through all. That's why we're still in samsara. As I did from my memoir, give an example of what it looks like to be YOU in each of the six.
- 2) Second: Do you believe that "all effort is right effort"?
- 3) Third: Regarding my atrocious attitude even as I sewed my rakusu, do you think I should have been allowed to sew a rakusu?
- 4) Fourth: **Returning to anything again and again, not with the idea of profitting but with the idea of returning again and again because one has made that resolve, this is Right Effort.** What in your life is done in this spirit? Can you describe the difference in the quality of your relationship with this activity versus with other activities not done in this spirit?
- 5) Fifth: Katagiri Roshi once said something to the effect of "We live by our effort, but not only by our effort--we are also supported by all beings." How do you personally experience the support of all beings?

