

Series 7, Talk 2
Questions for Reflection

Here are some points for reflection during the week:

1) First: *The essential point is that, in the entire earth and throughout heaven in the ten directions, all beings receive the merit of our continuous practice.* This is an ultimate truth, thus one of those "faith points." We cannot experience it so we must simply trust that it is true. When I do that I feel full in my whole body. What happens to you when you do that?

2) Second: When Dogen says, "The essential point is that, in the entire earth and throughout heaven in the ten directions, all beings receive the merit of our continuous practice," it is not so hard to understand if we remember **Each moment is one with eternity.** You may not actually understand this--that each moment is one with eternity--but IF that is so, does it help you to understand the other ultimate truths of Dogen?

3) Third: "We cook not to feed people but to cook." Each and every action is just done for itself without anything else in mind. Watch yourself closely. Do you do this most of the time? Sometimes? Never? Raising your consciousness about yourself in relation to this is a big step toward self actualization.

4) Fourth: **A place where people want to be taken care of is very different from a place where people care for others. We should understand that this small difference in our inner attitude has very large effects on the world around us.** Given the state of our world today, does it help you to know what to do?

5) Fifth: **If we do things for our private gain or personal benefit, then no matter how hard we work, no matter how much we achieve, it will come to an end. Instead we dedicate our work to all beings. That is our attitude toward work and toward other people. That is joyful mind.** Contemplate this for a bit. See if you you can understand.

