

*Series 7, Talk 3*

*Questions for Reflection*

- 1) First: There are four obstacles to awakening enlightened genes: intrinsic slavery (we set up our lives so that we don't even have time to think about our lives), being without self-awareness, taking part in unwholesome activities, and sleepiness. Since any one of these might obstruct your enlightened genes from sprouting or your Buddha Nature from being robust, examine yourself carefully. Do you find the sign of any of these four obstacles operating in yourself?
- 2) Second: Why do you think that waking up at the right time is so conducive to Awakening Enlightened Genes?
- 3) Third: Regarding setting up your life in such a way to support your highest intentions versus setting it up in such a way that you do not even have time to think about it--that scale . . . where do you fall?
- 4) Fourth: We hear that "To go back to the reality of life in the midst of this reality is our practice" but what does that mean? Can you put this teaching into your own words?
- 5) Fifth: We are independent, small and limited. Yet when we sit in this posture and let go of thought and of our limited desires, we are moved by a vow that comes from the very core of our being, and there is no separation between us and the whole universe. Describe a time from your own life when you've experienced this.