

Series 7 Talk 5

Questions for Reflection

1) First: *He practiced from two in the morning till ten at night. He ate rice and pickles and stayed for three years.* When you hear these words what do you feel? Even if you can't do it, can you take inspiration from the power and wisdom that drove it?

2) Second: **“Clouds come and go with no mind. With me thoughts flow accordingly. At some point they disappear without my being aware.”** Her story is so powerful and her words so profound. Can you state (articulate) why? What truth is she touching on?

3) Third: "Even if you practice zazen, it comes to nothing." What is your feeling about this teaching?

4) Fourth: Because he had so few personal possessions, Ryokan said his keepsake to offer was everything in nature. His poems and his life without greed and self-centeredness were his offerings. How does his example serve as a teaching for you?

5) Fifth: "Dharma for the People!" But the important point for us about Sawaki Roshi is not so much WHAT his vow was, but HOW diligently and continuously he practiced it for the duration of his life. What are the things in your life that you practice diligently and continuously? Will they be part of your Personal Vow?