

*Series 7 Talk 6*  
*Questions for Reflection*

Here are some points for reflection during the week:

1) First: Religion is to develop the most refined and distilled life attitude. In your own words what do you think this statement, developed by Uchiyama Roshi over his whole life, means?

2) Second: Uchiyama coined and constantly used the expression "Opening the hand of thought." To what do you think that refers?

3) Third: To save all beings means to be one with all beings. We cannot become one with others by means of our individual efforts. But we can wake up to the reality that from the beginning we are one with all beings. That is why we study the obstacles that prevent us from seeing this reality. That is how we become free from delusion. If you can, consciously make zazen a special focus for one week.

4) Fourth: Each of the four bodhisattva vows is a kind of a paradox or contradiction. It is impossible to accomplish or completely achieve the vows. Since we are working at something infinite and absolute, it's important to reflect on the fact that we can never accomplish it. We cannot be perfect. This awakening to our own imperfection is repentance. How is this different from your former understanding of repentance?

5) Fifth: It seems to me that zazen is the highest form of human culture. Please comment on Uchiyama Roshi's very unusual statement. How is it different from the quotation in #1?