

*Questions for Reflection*  
*Series 7, Talk 12*

Here are some ideas for your reflection during the week:

- 1) First: We always feel somewhat unsatisfied. “Whichever is chosen; it does not fit one’s heart neatly.” Happy or sad, there is some dissatisfaction. We feel that there is something unsettled in ourselves and in our way of life. Katagiri felt this strongly and talked about it a lot. What is your impression? Have you experienced what he means when he says that no matter how happy there is some dissatisfaction?
- 2) Second: The wholehearted practice of *zazen* is itself living by vow. This sounds very poetic but can you articulate how it works? How is just practicing *zazen*, unless, of course, you've distinctly made practicing *zazen* your life's vow, in itself living by vow?
- 3) Third: A vow should not be made by our intellect or an emotional impulse. It should come from the deepest part of us. This is a hint to your current job of creating a personal vow. Don't try to THINK it out. Allow it to come to you in your *zazen*.
- 4) Fourth: Because it's impossible to achieve what Buddha did, we have to practice forever. Some find this soothing; one never has to think about it again. Where do you stand with regards to this truth?
- 5) Fifth: "Just practice right here, now" means that we start practicing immediately. We can't postpone it because the wish is so deep. Somehow we have to start searching for our own self. There is no time to wait. Are you in touch with this "There is no time to wait?" Describe, if you can, what this feeling feels like for you and what pacifies it. This will bring the bright light of consciousness to the situation, which is always informative.