

Questions for Reflection
Series 8, Talk 3

Here are some ideas for reflection during the week:

- 1) First: Because I have found it so useful and time optimising to have a handy short phrase that I can substitute in my mind when I see junk in it, I'd like to suggest that you make one for yourself. Something that touches your heart in less than five words say. When your mind goes to "junk" substitute these words instead. Overall your mind will be cleaner.
- 2) Second: Without knowing more than what was said today about the Twelve Nidanas (the twelves links of causation that keep us locked in samsara) explain that truth to yourself using experiences from your own life. In other words, unpack for yourself a situation where desire led to craving and then to grasping and then to clinging. We all do this but it's good to demonstrate this teaching from your own daily life.
- 3) Third: This is why the teaching of non-discrimination is so important. Remember "I have no complaints whatsoever!" It's the same. The same as what? (See if you can remember.)
- 4) Fourth: "Within the chorus of insect sounds, I too, am an insect." The resonance of this seems obvious but what is the deeper meaning?
- 5) Fifth: What does Dogen's phrase "Mind Is Itself Buddha" mean to you?
- 6) Sixth: What do Dogen's words--There is a trace of realization that cannot be grasped. We endlessly keep expressing this ungraspable trace of realization--mean to you personally?
- 7) Seventh: Why is it impossible to kill an earwig?