

*Series 8, Talk 4*

*Questions for Reflection*

- 1) First: If someone found out that you are a Zen student and asked you what your practice is, what would you say?
- 2) Second: Make a list of the "weeds in your mind." If you haven't already, choose one to work on consciously so that it operates as nourishment. "Nourishment" means food for life instead of death. Try it and see if you can, like Roshi says, "feel the progress."
- 3) Third: What was your feeling as you watched Yunyan fail with three different Zen masters reknowned for their skillfulness in teaching?
- 4) Fourth: In what area of your life do you relate to the story of the two birds?
- 5) Fifth: Why do you think the Buddha said "Patacara, do not think you have come to someone who can help you. In your many lives you have shed more tears for the dead than there is water in the four oceans."
- 6) Sixth: Which horse do you think YOU are. Give examples for why you think this. Since it's basically about habit and habits are difficult but not impossible to change, it's an important aspect of yourself to identify and work with.