

*Questions for Reflection*  
*Series 8, Talk 5*

Here are some ideas for your personal reflection and journaling during the week:

- 1) First: We've learned that it is not what happens to you but rather whether you are able to see something larger in whatever happens to you. I myself saw the shifting nature of reality, that nothing was reliable, very early but I didn't enlarge that to a Universal Law and I didn't name it as Impermanence. How 'bout you? What was the experience in your life that gave you the insight of the truth of Impermanence as a Universal Law?
- 2) Second: The next time you see a baby or a puppy or kitten try to see that at the same time as they are manifesting as a baby completely, they have a force inside that will liberate them from this very form. Stop. Look at the being closely and think about this force. It will help ground this terribly important truth for you.
- 3) Third: We've heard the words of Suzuki Roshi, Today We May Be Very Happy and the Next Day We Don't Know What Will Happen To Us. Could you explain what they mean by giving a personal example?
- 4) Fourth: Which of the Five Remembrances touches you the most deeply?
- 5) Fifth: Although the Buddha encourages his followers not to mourn, sadness about Impermanence is not considered negative in Buddhism. In fact, awakening to the truth of suffering, the first of the Four Noble Truths, is the starting point of Buddhist study and practice. Not everyone "gets" that the sole reason for the existence of Buddhism is to relieve suffering caused by endless, inevitable cycles of birth, sickness, old age and death. Instead, what is their understanding of suffering (perhaps yours before the study of Buddhism)?