

Questions for Reflection
Series 8, Talk 6

Here are some points for reflection during the week:

- 1) First: This idea of "not trying to catch anything" is really profound and even though a fish lives its life that way, we humans find it very hard. Even if you understand and even if you agree, you probably fail to accomplish this many times daily. It's basically the idea of allowing life to come to you and offer itself to you rather than you going toward it and taking it for yourself. Please give examples of times in your daily life that you have done BOTH behaviors, gaining and non-gaining. If you don't KNOW you are doing it, you will never be able to stop.
- 2) Second: Give an example of one day in your life that you have "set up" and then followed like a mule or an ass.
- 3) Third: How would you grade your will power? Let's define will power as the ability to do something that you have decided to do despite your personal preferences of the moment. Use letter grades like they do in school. If you get a B-minus or lower, you might consciously devise a way to increase your grade. Will power is a key ingredient for dharma practice. Since you must have it, find a way to get it.
- 4) Fourth: In everyday life there is a dao, the way, and if you do not practice in the midst of it, there is no approach to the true way. Can you talk about the dao of your everyday life, your happiness in the midst of it and your ease in following it? If you don't see one or are not happy and easeful in the midst of it, what are some changes that you might make in the direction of changing this for the better?
- 5) Fifth: Bodhisattva practice is to not bring our minds to a halt. In fact Suzuki Roshi said we should always be thinking of new ideas and ways to do things. Give an example of the last new idea or way to do something that you've had. Do you do this often? Describe your reflection seeing yourself in front of this mirror.