

Series 8 Talk 7
Questions for Reflection

Here are some points for your reflection during the week:

1) First: Why do you think there is the teaching "Don't try to figure out who you are. If you try to figure out who you are, what you understand will be far away from you?" What is the logic behind such an anti-modern suggestion?

2) Second: We talk at the same time about interdependent co-arising (all beings are deeply interconnected) and that you are the only being in this world and that no one can take over your position. What is the principle that makes both of these things true at the same time?

3) Third: On the one hand there is Suzuki Roshi's statement Real enlightenment is always with you, so there is no need for you to stick to it or even to think about it. Because it is always with you, difficulty itself is enlightenment. Your busy life itself is enlightened activity. That is true enlightenment. And on the other hand there is plain old you who has a hard time getting up not to mention sitting zazen. How do you hold Suzuki Roshi's teaching when you are having a moment of plain old you?

4) Fourth: Reb's words-- there is no such thing as an enlightened person. No one "attains" enlightenment and then "is" enlightened or "has" enlightenment. There is only enlightened activity--What are you thinking as you hear this radical statement?

5) Fifth: Suzuki Roshi says,

When you practice zazen, moment after moment, you accept what you have now, in this moment and you are satisfied with everything you do. Because you just accept it you don't have any complaints. That, Suzuki Roshi says, is zazen.

Please give specific examples of YOU in your own personal practice both doing this and not doing this. How do you feel in each case?