

Questions for Reflection
Series 8, Talk 8

Here are some points for reflection during the week:

- 1) First: Consider the lines "We should not disparage ourselves thinking we are foolish or dull-witted. If we do not arouse the mind [of awakening] in this present lifetime, when can we expect to?" So it is certain that if we continue to think in a self-disparaging way our progress on the Path will suffer. What is your own personal strategy to lift yourself up when you catch yourself in this mind?
- 2) Second: Similarly, "Although we understand we have no time to waste, we often want to escape facing impermanence and seek something that gives us temporary excitement and joy even when we know such things will not give us a stable foundation for our lives." What is your strategy to help yourself out of THIS familiar mind? Please give an example.
- 3) Third: In your own words describe what the following teaching says to you: "Also it has been said that even when you are busy, you should be aware of the mind in you that is not busy. That means the mind that is silent in spite of whatever is happening." Please give an example from your life of "the mind that is silent in spite of whatever is happening."
- 4) Fourth: "That is how we don't waste time. Moment after moment we should live right here, without sacrificing this moment for the future." This is a more positive spin on the imperative to not waste time. It tells us what to do instead. Could you set aside a certain amount of time, like an hour, a morning or even a day to practice conscientiously Reb Anderson, Tenshin Roshi's recommendation?
- 5) Fifth: Although our biggest self delusion is that we exist as we think we do, we have others that go from there. Acknowledging this "Buddhas are those who deeply enter into learning about self-delusion and are greatly awakened in the midst of studying self-delusion," could you begin a "self-delusion" notebook or document as a place to store your catchings-of-yourself deluding yourself?