

Series 9 Talk 4

Questions for Reflection

Here are some ideas for reflection during the week:

1) First: What does the phrase "warm-hearted feeling" look like in you? Please give an example of you doing something with a "warm-hearted feeling." If you can, describe the physical sensation that this feeling creates in you.

2) Second: "Thank you very much, I have no complaints whatsoever," is a practice of non-discrimination. Can you give an example of a time either when you practiced this or when you didn't practice this but in retrospect wished you had.

3) Third: *When we find the joy of our life in our composure, we don't know what it is, we don't understand anything, then our mind is very great, very wide. Our mind is open to everything, so it is big enough to know before we know something. We are grateful even before we have something.* Please give an example of experiencing this state of mind from your own life.

4) Fourth: The idea that **We have to work within our difficulties how to keep our determination**--this is hard. But if you know it, then the next time you have some difficulty, you can stop and reflect and try to consciously adjust your attitude and behavior. "Wait! I should be grateful for this difficulty so I can practice consciously keeping my right attitude during it." Try it.

5) Fifth: Write about "Yes!" Practice." That means that your life is set up so that you only do those things that you say "Yes!" to whole-heartedly. Otherwise don't do it. I would like to suggest that you make three lists: your "Yes!" list, your "No" list and your "I'm not sure" list. Can you change something in your "I'm not sure" list to make it a "Yes!""? Can you figure out a way to stop doing things on your "No" list?