

*Questions for Reflection*  
*Talk 7, Series 10*

Here are some ideas for reflection during the week:

- 1) If practice causes deep appreciation and respect, there is peace and satisfaction. Then one has perfect contact with the self, with the ultimate. Please reflect on this extremely important concept. Include in your self reflection the level of peace and satisfaction that you see in your family and loved ones. They are mirrors to how you are doing.
- 2) Keep your mind clear and let it penetrate through things and all people and situations. That is why the Precepts are offered. Take some time to let this point register. First that the Precepts are OFFERED, not pushed into your face. Then, that their intent, through your thoughts and actions, will penetrate through things and all people and situations. It's a tall order. Where are you in this trajectory?
- 3) Think about what it means to be "intoxicated." Anything that we do that deludes our original basic purity can be considered an intoxicant. In that sense, what might be your intoxicants?
- 4) Most people cannot stand to be ordinary. Zen centers exist to train people to accept their ordinariness. Manjushri went all the way to become a completely ordinary person. Thus he realized that there is really no such thing as an ordinary person living all by herself. This is called "waking up." Before you heard this statement what was YOUR idea of waking up?
- 5) The fine line between self care and self concern can seem murky. Ask yourself with each thing that you do--washing your face, doing the dishes, dressing for the day, asking for a raise--is this self care or self concern? Hint: self concern is a form self-absorbtion; self care connects us to others.