

Questions for Reflection
Series 10, Talk 10

Here are some ideas for reflection during the week:

1) Tenshin Roshi says, "The practice of bodhisattvas is to sit upright in the center of the world of universal suffering. Such compassionate beings listen to the pain of the world: they feel it, they ache with it. We are built to ache with it." I understand him to mean that we stay super present with the pain of the world along with all beings as we have since the beginning of Buddhism, and that this pain goes on and on because our lives are, according to Dogen, "one continuous mistake" e.g. full of greed, hate and delusion. What do you understand him to mean? It is very important to know your own thoughts about this vital matter.

2) Please explain in your own words the following statement: "Sitting upright and clearly observing all suffering beings assembles an ocean of blessings beyond measure." Name three qualities that you would need to abide by this intention?

3) Awareness is like the sun. When it shines on things, they are transformed. When you are aware that you are angry, your anger is transformed. Please give an example from your own life of a time when these words of Thich Nhat Hanh presided.

4) Chao-chou: Buddha causes passion in all of us.
Monk: How do we get rid of it?
Chao-chou: Why should we get rid of it?

Looking closely for a moment at your own relationship with anger, answer, if you will, Chao-chou's final question.

5) Anger is suffering, as you know. When someone gets very angry with you, his suffering is deeply concerned with you. He is letting you know how he exists. When he sees that you understand him, this anger disappears. Please explain in your own words how it could be true that anger disappears when the person with anger sees that you understand him.