

*Questions for Reflection*  
*Talk 9, Series 10*

For your reflection over the week here are two suggestions. The root cause of both praising self and blaming others and hoarding is self-clinging and self-attachment. Both stem from a false perception of our existence as an independent individual self. We cannot fully overcome this perception until we awaken and see for ourselves that it isn't true. But in the meantime we can raise our consciousness to just how strong the hold of this clinging is.

1) First, looking at your relationship with self-clinging, on a scale of 1-10, 10 being the strongest, where would you place yourself? (I asked you this once before; has your score changed?)

Name the ways that you know this to be true.

Have a conversation with yourself and ask how you can lessen this attachment.

Finally, whenever you notice self-clinging in any way, practice saying, "Everything that comes to me is a gift." In other words, "None of this is mine. I cannot take credit for any of it."

2) Second, look at your relationship with the precept of "no hoarding" from the viewpoint of cherishing your independent individual existence.

Name the ways that you see misuse in both your actions and thoughts. If possible, write them down for future reference.

Which of the ways bothers you the most?

Whenever you catch yourself doing this one, interrupt yourself immediately and, almost as a mantra, remind yourself that "Everything that comes to me is a gift." Eventually you will be able to transform these troublesome and deluded behaviors into enlightened behavior. That is the "gift" in the above mantra.

