

Questions for Reflection
Talk 2 Series 11

Here are some points for your reflection during the week:

- 1) First: "As I do not chuse to have Generosity dictated to me, I shall not resolve on giving my Cabinet to Anna till the first thought of it has been my own." What are your thoughts about these strong words of Jane Austen? Please give an example of when you have not practiced this and what it felt like in your body and mind and spirit.
- 2) Second: We can correct ungenerous responses when we notice them later; we can remember our aspiration to be generous and find some other place where we do feel generous. For example, if we are not generous with a particular person, perhaps we can be generous with our own inability to be generous. Describe an occasion where you missed an opportunity to be generous and what happened from there. Did you realize that you missed an opportunity? Did you feel regretful? Did you feel helpless at first to make an effort towards repair? If you did make an effort, was it helpful in deepening your self-relationship?
- 3) Third: Taking care of our body means giving and using it for spiritual practice rather than taking care of our body to keep it from changing. This is similar to the stricture that we eat to Follow Our Way not for pleasure. Please give your thoughts about this very difficult and seemingly outdated practice.
- 4) Fourth: Suzuki Roshi told Reb that it's all right to be informal with our acquaintances but for intimate relationships we need some formality. Do you agree? What kind of formality do you yourself have in your intimate relationships? What would you say it accomplishes?
- 5) Fifth: On a scale of 1-10, and not forgetting that it's a state of mind, where do you think you fall in the realm of generosity? In what parts of this practice do you excel? Not do so well? Fail altogether? Could you pick one thing to work on to change for the better?