

Questions for Reflection
Talk 3, Series 11

Here are some ideas for your reflection during the week:

1) "How wonderful for these precepts to be given to us so they can practice themselves through us and we can give them away." Please say in your own words what you think this sentence means.

2) Frivolity is anything that creates further confusion or the longing for further confusion. The idea is to overcome excuses no matter what comes up. What does frivolity in this sense look like in your life? In how many areas does it still exist and how far are you along the road to putting a stop to it?

3) Working for others means "propagating gentleness." Give an example of "propagating gentleness" from your own life. There's no right or wrong. If you *feel* you are "propagating gentleness" then you are. Rinpoche says this "seems to be the core of the Buddhist approach."

4) "Fully realizing these seemingly right vs wrong precepts we see our original purity and understand that these are buddha-nature precepts." Not killing for example, that is to protect all beings from harm, helps us realize our true relationship with all beings, which is the activity of the awakened mind. Please give another example from your understanding that the precepts are *budda-nature* precepts.

5) "We do not adhere to these practices for the sake of our own purity." If not for the sake of our own purity, why do we practice the paramitas?