

Questions for Reflection
Talk 5, Series 11

Here are some ideas for your reflection during the week:

- 1) Which kind of laziness do you relate to the most? When did it begin, under what circumstances, how did you deal with it, how are you dealing with it now? Analyze it as if you were a doctor and you have a patient (yourself) with an illness to heal (laziness).
- 2) Marie Kondo, in her famous book on tidying, tells us to throw all of our t-shirts, say, in a pile in the living room and pick them up, one by one. If it gives you joy you should keep it and if it doesn't (which you will know instantaneously) you throw it away. Give your life the "joy test." Which parts bring you joy and which parts don't? Try to make EVERYTHING in your life bring you joy; otherwise TOSS. Throw it out!
- 3) Overwork is a form of laziness; taking on things that are too advanced is a form of laziness; not stopping when you've done enough is another; and taking on practices that we might quit halfway through is another. Do you relate? Please elaborate on when you do whichever one and identify any patterns that you see that you might analyze and perhaps ammend in some way for the better.
- 4) Regarding preoccupied laziness, this type of laziness is the most dangerous because we are using our life in order to avoid practice. We feel extrordinarily energetic when we exert ourselves in other things, but when it comes to sitting, we are very lazy. We'd rather vacuum the floor. If this is you, remember that at the core of the problem is forgetfulness, not only of your ultimate purpose but of the law of impermanence. What is your ultimate purpose? When you come to die what will you feel most proud of accomplishing?
- 5) We need to cultivate a sense of urgency around the dharma. Practice itself--with a "no matter what" attitude is the key. And the key to that is remembering impermanence. We could die today. What are you doing to cultivate a sense of urgency around the dharma?