

*Questions for Reflection*  
*Talk 3 Series 12*

Here are some ideas for reflection during the week:

1) First: Did you realize that the main goal of Buddhist practice concerning behavior is to tame one's mind--to become non-violent, and that therefore the root of all Buddhist teaching is compassion? As we begin to raise our consciousness about non-violence in our own thoughts and behavior, we can see how it operates on subtler and subtler levels. How do you see the non-violence in yourself operating right now? Can you find other ways to include non-violence in your life and/or ways to deepen the non-violence already in place? Also, if there are still areas of violence in your life, could you look more closely at those?

2) Second: Did you know that with respect to mental energy, the subtler levels of mind are more powerful than the grosser levels; thus if one is able to utilize them, they are more effective for mental transformation. Give an example from your own experience of something from a subtler level of mind and something from a grosser level and if you have had the experience of the former leading to some transformation in you, please record that.

3) Third: The Dalai Lama believes that regarding anger and strong attachment, the more you express them, the more they will occur; restraint will cause them to weaken. However, restraint does not just mean that when you develop anger or attachment to a high degree, you attempt at that moment to control it. Rather, in daily practice you should continuously reflect on the benefits and advantages of compassion, love, kindness and so forth and reflect on the disadvantages--the faults--of anger. Do you agree? If not please say why. If so, please record your reflections on the advantages of one and disadvantages of the other. At first your thoughts might be obvious, but as you meditate longer you will begin to see more and more subtle ways in which anger causes harm and how compassion or kindness spread more compassion and kindness and how the correct expression of these is, like a muscle, built up over time.