

## *Questions for Reflection*

### *Talk 5 Series 12*

Here are two major ideas for your reflection during the week:

1) First: Regarding desire, the following assignment given to us by the Dalai Lama is worth repeating until all parts are very clear in your mind, probably 5-10 times:

It is crucial to realize from your own experience that:

- 1) on the first level there is the appearance of the object as inherently existent
- 2) on the second level there is a consciousness that assents to this appearance, thus giving rise to desire
- 3) on the third level, when we have bought such an inherently pleasing object and made it our own, the object becomes involved with a strong conception of ownership in which we consider it to be extremely valuable

*At the end of this process two very powerful streams of adherence--attachment for the inherently pleasant object and attachment for oneself--have come together, making the desire even greater than before. Reflect on whether or not this is so, the Dalai Lama asks.*

2) Second: The Dalai Lama gave the following description of how karma works: **An action is produced with ignorance of the final nature of phenomena as the background; this is the first stage of karma. When the action ceases, it imprints a potency, a predisposition, into the consciousness and the continuum of the**

consciousness carries this potency to the time of the fruition of that karma. In this way, an action creates both an immediate result and a potential that eventually brings about either a pleasant or a painful experience in the future. Please find an example of this pattern in yourself as you study your actions more closely. Name the action, the imprint or predisposition in your consciousness stemming from this action, and if possible the fruition as a pleasant or painful experience that arose as a result. Try to find two or even three examples of this acting out in your own consciousness so that you really "get" how it carries on inside you.