

Questions for Reflection
Talk 6 Series 12

Here are some ideas for reflection during the week:

1) First: Now that we know that the crux of our study of the 12 links (e.g., the part to which we need to pay especial attention) is feeling, attachment, and grasping, it is important to identify our feelings. In Buddhism they are categorized as attractive, unattractive and neutral. I'd like to suggest that you begin by making three lists with those headings and name the feelings that you have that go under them. This may seem obvious to you but this link, feeling, is where the trouble really starts, and where we will need to learn to have more control. The sooner you start to study your feelings from this perspective, the easier the process of neutralizing most of them will be.

2) Second: Name the items in both the attractive and unattractive categories to which you feel attachment. Attachment in this case is strong feeling.

3) Third: Name the items in the "attachment" lists toward which you feel grasping. Grasping in this context means strong attachment. Nothing is too mundane to mention.

4) Fourth: When you hear *No matter how close we have been, lives are lived as in bus stations*, what goes through your heart/mind?

5) Fifth: The real crux of the matter is the last statement-- *All of us are eligible to develop a different kind of beauty, a spiritual beauty, which is often a kind of radiance or light. That comes naturally from living a life focused on benefiting others.* Please notice what that light looks like in you right now. Decide how you can strengthen it now that you are aware of it.