

*Questions for Reflection*  
*Talk 7 Series 12*

Here are some questions for reflection during the week:

- 1) First: It's important that starting with "contact," the sixth link, and continuing through "grasping," the ninth link, that you begin to notice them happening in you:
  - Contact creates pleasurable, unpleasurable or neutral feelings in us.
  - Pleasurable feeling generates a strong drive for more and pain generates a strong drive to avoid.
  - Attachment is a mental factor that increases desire, without providing any satisfaction.
  - Grasping is the same as attachment only stronger.
  
- 2) Second: Is it true that pleasurable feelings generate a strong drive for more and that pain generates a strong drive to avoid? Notice occasions of both and modify the previous description to match your own experience more precisely.
  
- 3) Third: Is it true that attachment increases desire without providing any satisfaction? Sometimes feeling attached in itself provides at least some sense of satisfaction. Try to describe exactly what happens for you.
  
- 4) Fourth: Describe a situation either in the past or recently where your attachment turned to grasping. What are the parts that got more intense? Did any fall away? What is it that for you personally turns the eighth link into the ninth link?
  
- 5) Fifth: Once we are sure that we are aware of these links happening in our own daily lives, we need to devise strategies to soften their effects. On the level of contact, for example, we can at least call ourselves out on developing strong preferences. Now that you know that feeling is a mental factor, you can try to tame your feelings, bringing them closer to neutral. And you can learn to have feeling without attachment and certainly attachment without grasping. Be compassionate to yourselves and to your efforts to become more moderate. At first it might feel strange.