

Questions for Reflection Talk 9 Series 12

We've learned that if we can stop attachment and grasping, we can stop the process of rebirth. It would seem fruitful therefore to study our attachment and grasping. Here are some questions for you to answer for yourselves in preparation for this study:

- 1) Define attachment. What are its boundaries? At what point does attachment turn into grasping? How can you tell when that happens?
- 2) For you personally do your attachments last? Or another way to put this is do your attachments change? Please examine this closely because the answer may not be obvious. For example, we all may have at one time been attached to our teddy bears but maybe we still are. Maybe our addiction is one or a particular friend.
- 3) Name two or three attachments that you've had during your life that ended and describe how the ending took place. Was it forced? Did it happen naturally but over a long period of time? Did something else immediately replace it?
- 4) For these same two or three attachments how did or do you actually feel about them? For example, you can have an attachment and actually hate it or resent your dependency on it. Feelings aren't always so clear as to not be contradictory.
- 5) Which one(s) of your attachments turned into grasping? Were you aware of this? What were the symptoms of grasping? Were you able to stop this or lessen it in any way?
- 6) Which one(s) of your attachments are based in social relationships? Have you tried to stop it but couldn't because of the relationships that go along with it?
- 7) Which one(s) of your attachments are strictly private? If you have both (social and private attachments) is one harder to stop than the other? Did you ever have to choose?