

Questions for Reflection
Talk 2 Series 13

Here is an idea to help you deepen your understanding during the week:

Along with Okumura Roshi's exegesis of the Bodhisattva's Four Embracing Actions, he invited individuals from his community to write about one of the Four from their own experience. The article "The Generosity of the Dead Little Mouse" is a product of that request. Since there is no better way to integrate Buddhist teachings than seeing, incorporating or writing about them ourselves, I'd like to suggest that you also **recall an experience of dana that you've had yourself or witnessed in someone else and write a little story about it.** The exercise will heighten your perception, organize its qualities and deepen your understanding all in one fell swoop.

By the way, you could also write about the opposite, e.g., a time when you had the opportunity to be generous and weren't. That also is very meaningful. When Doryu Cappelli describes his bout of boastfulness, at first it can seem unflattering, but then the contrast with the simple generosity of the mouse makes us see the latter all the more clearly and poignantly.