

Questions for Reflection
Talk 6, Series 13

Here is an idea for your reflection during the week.

Dogan says just as the wise ruler does not weary of his people, bodhisattvas do not tire of making the effort to live and walk together with all beings.

Here the concept of continuous effort, or, you may remember, in the fourth Paramita it is called "continuous joyful effort," is central. Another way to say it is "keeping on keeping on." This continual effort is the earmark of all saints as well as all the great Mahayana and Vajrayana teachers. But it is very hard to do. Why? For one, it's an every minute practice. Almost everything we do, if we took one more step, we would add a lot to the quality of its completion, but as Carl Jung once said to a friend, "Human beings are slugs." Basically we're too lazy.

Please examine your own relationship with making continuous effort. Under what circumstances do you succeed and what are the circumstances when you don't succeed? What are your main obstacles? Choose one obstacle and start now making a conscious effort to get beyond it. This will strengthen you, even if you only are able to do a little, because continuous effort is the secret gate to spiritual practice. Actually I think that a moment of "right effort" is a moment of entering true reality.