

*Questions for Reflection*  
*Talk 2 Series 14*

Here are some ideas for your reflection during the week:

Please give an example from your own life of something that you think you do with a beginner's mind on a regular basis. Explain HOW you are able to do this thing repeatedly with a fresh mind rather than a stale mind. Then give an example of something that you regularly do with a stale mind. Reflecting on the qualities of your beginner's mind in the first example, consider how you might apply them to your mind when it's lost its lively originality. Finally, how might you apply what you've learned from this exercise to your zazen practice?