

Questions for Reflection

Talk 4 Series 14

Here is an idea for you reflection during the week:

In today's talk two basic Buddhist points were emphasized:

1) *But the purpose of studying Buddhism is to study ourselves, and forget ourselves. When you forget yourselves, you resume, you will actually take the true activity of the big existence or reality. When we realize this fact, there is not problem whatsoever in this world. And you can enjoy your life without having any trouble or difficulties. This is how we study Buddhism, and the purpose of this meeting or practice is to be aware of this fact.*

2) *Opening to and enduring the awesome impermanence of things is simultaneously opening to their beauty and truth. Ironically, we sometimes say that something is beautiful in an attempt to protect ourselves from its real beauty. Doing this, we close the door on the unmanageable and inconvenient reality of our life. We might say that something or someone is beautiful in order to avoid the fear of really meeting them. Once, Suzuki Roshi surprised me by saying that to call something beautiful is a sin.*

Choose one of these topics and relate it to your own life experience by telling a personal story. For example, when you hear *Once, Suzuki Roshi surprised me by saying that to call something beautiful is a sin*--what experiences have you had in your life that either verify this or the opposite, make you feel that it is not true? Or

alternately the statement-- *When you forget yourselves, you resume, you will actually take the true activity of the big existence or reality*--what does "the true activity of the big reality" mean to you? When have you had it and did it help or get in your way? What obstacles have you found that get in the way of your experiencing the "big existence?"