

## *Questions for Reflection*

### *Talk 6 Series 14*

Here is an idea for your reflection during the week:

The five points that I have listed as some of the main points from today's talk are not just main points from today's talk but are main points for Zen Buddhism. All of them are important for a true understanding of Zen. But as we know, we don't understand Zen with our minds; we understand Zen with our bodies. Therefore I would like you during the week to immerse yourselves in the fourth and fifth main points from this week. Take these two teachings completely to heart and really live them. Process everything that happens to you through them. Here again are the two points:

**Big mind and small mind are one. When you understand your mind in this way, you have some security in your feeling. As your mind does not expect anything from outside, it is always filled. A mind with waves in it is not a disturbed mind, but actually an amplified one. Whatever you experience is an expression of big mind.**

For us there is no fear of losing this mind. There is nowhere to come or to go. There is no fear of death, no suffering from old age or sickness. Because we enjoy all aspects of life as an unfolding of big mind, we do not care for any excessive joy. So we have imperturbable composure and it is with this imperturbable composure of big mind that we practice zazen.

Try to hold these two ideas at the forefront of your minds for the course of the week.

