

Questions for Reflection

Talk 8 Series 14

Here is an idea for your reflection during the week:

The most important thing is to express your true nature in the simplest, most adequate way and to appreciate it in the smallest existence.

But Dogen says, "Everything *is* Buddha nature." When there is no Buddha nature there is nothing at all. Something apart from Buddha nature is just a delusion. It may exist in your mind, but such things actually do not exist.

Please give an example of you expressing your "true nature."

Please give an example of you expressing something apart from Buddha Nature.

This may be something that exists strongly in your mind but actually does not exist. Do you feel it exists? Do you believe that it exists? Try to be as honest as you can.

It is possible to base one's whole life on something that in reality doesn't exist. Can you describe a situation like that?

