

Homework

Any questions you have about the topic of codependent arising and its application to life should be articulated and stated, so I can try to address them.

Q 1: What would be an effective reminder of the View?

Q 2: How does 'being relaxed' differ from being 'limp' or 'uptight'? Is 'naturalness' the key?

Q 3: Is there an aspect that I can use as a focus during sittings for cultivating good will?

These questions are not about applying co-dependent arising but somewhat related in my practice. I have been using co-dependent arising as a tool to gradually identify specific areas that I want to address. But sometimes it's not enough to see in order not to react. Comments on these questions therefore would be helpful, thank you.