



The SnowFlower Sun

July / August 2018

SKILLFUL INVESTIGATIVE QUESTIONS

From a talk by Cheri Maples

The first set of questions invites us to look where we are making our home from moment to moment.

What am I practicing in this moment?

What is the quality of my heart right now?

Where is kindness right now?

Where is gentleness right now?

What would be needed to be at peace in this moment?

The second set of questions may be called deep life questions.

Rilke said, "I... beg you to have patience with everything unresolved in your heart and try to love the questions themselves...Don't search for answers which could not be given to you now because you would not be able to live them. The point is to live everything; live the questions now. Perhaps then...someday...you will...without even noticing it, live your way into the answers."

When life is unjust, what is equanimity?

What would make me enough?

Is fear inside or outside?

What do I want most?

The third set is made up of meditative questions. Asked in the service of wisdom, they point beyond conditions to the "big picture". They ask us to stay quiet and keep listening.

What in this moment is truly lacking?

Is there any other moment better than this one? (Initially, you might think there had better be! But if you stay with it, you may see that it is not possible for another moment to be better without going back into the past or forward into the future.)

What does love without attachment look like?

Who is it that is angry? Who is it that is upset? Who is it that is happy? WHO AM I?



July 2018

Sundays	Tuesdays	Wednesdays	Fridays
7/1 Farm Zendo (with visiting monastics)	7/3 Our Path to Snowflower Joe and Nancy Schubert	7/4 Weekly Topic Farm Zendo	7/6 Intro to Snowflower – Lisa Glueck TBD – Adam Kim
7/8 Answers from the Heart Tod Highsmith	7/10 Island of Self Zach Smith	7/11 Weekly Topic Farm Zendo	7/1 TBD Steven Spiro
7/15 Answers from the Heart Nancy and Joe Schubert	7/17 Interplay of the Divine Abodes Gloria Green	7/18 Weekly Topic Farm Zendo	7/20 The Five Mindfulness Trainings Tom Loomis
7/22 Answers from the Heart Gerri Gurman	7/24 TBD Steven Spiro	7/25 Weekly Topic Farm Zendo	7/27 Interplay of the Divine Abodes Gloria Green
7/29 Answers from the Heart Celeste Robins	7/31 The Five Mindfulness Trainings Tom Loomis		

SPECIAL EVENTS – July/August 2018

Community Tea Time

Enjoy a delicious cup of tea and conversation with SnowFlowers
Tuesday 6:00 – 6:15pm – Friends Meetinghouse.

Tea with Susan Pearsall

Quiet Conversation and Turkish Tea in Susan's home.
Contact Susan at (608) 238-5929 or dmls313@sbcglobal.net



Subhuti, a bodhisattva who still depends on notions to practice generosity is like someone walking in the dark. He will not see anything. But when a bodhisattva does not depend on notions to practice generosity, he is like someone with good eyesight walking under the bright light of the sun. He can see all shapes and colors.

August 2018

Sundays	Tuesdays	Wednesdays	Fridays
		8/1 Weekly Topic Farm Zendo	8/3 The Causes of Suffering: Looking Deeply Mary Michael
8/5 Answers from the Heart Gerri Gurman	8/7 – Intro to Snowflower Lisa Glueck The Way It Is: Why me? Why now? Why not? Claire Blox	8/8 Weekly Topic Farm Zendo	8/10 The Way It Is: Why me? Why now? Why not? Claire Blox
8/12 Answers from the Heart Tod Highsmith	8/14 The Three Refuges Amy Krohn	8/15 Weekly Topic Farm Zendo	8/17 Living Your Life as if You Are Awakened Rosebud
8/19 Answers from the Heart Pam Moran	8/21 Living Your Life as if You Are Awakened Rosebud	8/22 Weekly Topic Farm Zendo	8/24 The Five Remembrances David Haskin
8/26 Answers from the Heart Celeste Robins	8/28 TBD Finn Enke	8/29 Weekly Topic Farm Zendo	8/31 Island of Self Zach Smith

Weekly Meetings

Tuesday and Friday Sangha Meetings

Weekly Tea Time, Tuesdays 6:00 – 6:50pm

The Friends Meetinghouse, 1704 Roberts Court, Madison, WI. 7:00 – 8:30pm.

Wednesday Daytime Sangha Meetings

Farm Zendo, 1:30-3:00 pm – Refer to Sunday listsrv emails for location information and updates.

For more info, call Karuna at 608.832.6658 or email bnamenwirth@yahoo.com

Sunday Morning Sangha Meetings

Locations Rotate, 10:00 – 11:30 am. Refer to Wednesday listsrv emails for location and topic.

For more info, call Tom Loomis 608.334.4532, or Finn Enke (608) 238-5929.

SnowFlower Sangha Mentoring Program - It is natural that newcomers to the practice may have questions. A mentoring relationship supports a newer practitioner by clarifying matters of personal practice and sangha practice. If interested, contact Susan Pearsall, (608) 238-5929. The logistics are up to the mentor and mentee.

Join the SnowFlower email listsrv

Send an email listserv@snowflower.org

I really love these Trainings. I love the beauty of them and the way they guide and strengthen my practice. I also really appreciate that they are evolving and changing, not only in the actual language of the Trainings, but also as I practice them.

In terms of our practice, these Trainings can be thought of as guidelines and North Stars. They are not rules, and we are simply asked to practice them. They say that you can use the North Star to guide you, but you will never get there! It's our right effort though to get there, and the more we practice, the deeper our insight and understanding of them – and they change, eventually morphing into a deep awareness of interbeing.

They must be practiced though, so we have to do much more than simply read them. We have to practice them because They say that these are the most concrete expression of the practice of Mindfulness, and that they are love itself.

They say that the best way to answer the questions: Do you love? Do you care about me? Do you care about life? Do you care about the earth? Is to practice these Trainings. Through our practice we embody true love. To practice them, however, They say we need a Sangha AND to be in society where we can engage. They are not meant solely for the cushion.

Personally, I have found that these Trainings enrich and guide my practice more than anything else. Whenever I have questions, I can refer back to these Trainings and find practical answers. They say that you don't need to practice all of them, or to receive all of them, but if you just practice one, then you practice them all. They inter-are, just like everything else.

You don't have to formally receive them to practice them either, but if you do end up receiving them, They say that it is simply an expression of our sincere desire to practice the way of Understanding and Love and to show our appreciation and trust in the Three Jewels – the Buddha, the Dharma, and the Sangha.

Receiving them also shows a direct connection to the original transmission of these Trainings by the Buddha. They have been transmitted by teachers ever since and this is therefore the living Dharma, Buddha, and Sangha being transmitted to you when you receive them.

If you receive them, you are expected to recite them at least once every three months or the transmission becomes null and void. What this means to me is that this is a living practice and it has to be kept alive through practice. Without practice they are only words on paper.

