Lhagsam
Meditation

Together on the Path

6-Apr-2021

Take a few minutes to get to know each other :)

Questions

1. Share your experiences from today's meditation.
2. Are there any points from the last teaching with Ven. Robina that made an impact on you or that you would like to discuss?
3. Ignorance is considered the root delusion in the Buddhist teachings. What is the definition of ignorance in the Buddhist context? Is it a philosophical point or something relevant to your everyday experience?
4. What does Buddha mean by Emptiness? Emptiness of what? When you hear that the "self" is empty of inherent nature, does it feel like you still exist or not? In what way does the "self" exist?
5. How would your everyday experience of reality change, if you had a direct realization of emptiness today?