

Practice Impermanence

If you realize the limits of your life that you are going to leave the body and all the stuff you have gathered ask yourself the following 3 questions. Ask yourself these questions in quiet contemplation.

What is it that you want most?

Where do you want to expend your energy?

What is your main intention?

Ayya Khema teaches that you cannot skip these questions. Once you know your direction it will help you maintain and gather your intention into a concentrated effort. Useless planning and wandering ends when you know where you are headed. Every morning you can remind yourself of your intention.

In Zen you are asked whether or not you paying attention to the Great Matter? When you do pay attention to the Great Matter these questions support your life.

