

## **October 28, 2015 Dharma Discussion Questions:**

- In this chapter “Joy,” Joko used various ways to describe what joy is:  
“Joy is who we are if we are not preoccupied with something else.”  
“Joy is exactly what is happening, minus our opinion of it.”  
“Joy is our life.”  
“Joy is being the circumstances of our life that as they are.”

What are your thoughts about Joko's definitions of “Joy”?  
Which definition resonates the most with you?

- Joko said “The material wealth of this country in some ways makes it more difficult for us to experience basic joy. “

How can material wealth be an obstacle for us?

- Joko implied the modern term for Enlightenment is “being in the flow”.

What does “being in the flow” mean to you?  
Is there a difference between “being in the flow” and “going with the flow”?  
Is so, what is the difference to you in your experience?

- Joko said “We should not push ourselves excessively. Depending on our capacity, we may need to back off, to withdraw.”

How can we more skillfully notice when we are “pushing ourselves too much” or “not hard enough”?

- Joko said in addition to notice our feelings, reactions, judgment, self-righteousness, etc., we need to investigate it.

Why is this kind of internal investigation important in our practice and what might happen if we don't investigate?