

Dharma Practice Days

Reflections #2

The Hindrance of Sensual Desire

Please spend some time contemplating these questions. It might be useful to spend several days on one of these sets of questions before moving on to the next. Also, spend some time discussing your reflections with others.

1. What role does sense pleasure have in your life? How much are you oriented toward sense experiences? How much of your day is spent in pursuit of sense pleasure? What daily activities do you do that are influenced by the desire for sense pleasure? For example, in cooking a meal, how much of the preparation time is devoted to enhancing the sense pleasure of the food? Among the things you buy, how much of the expense results directly from the greater sense pleasure the object brings?
2. What affect does the experience of sense pleasure have on you? When and what kinds of sense pleasure are more satisfying and less satisfying for you? What forms of sense pleasures bring you the most feelings of well-being?
3. Physically, emotionally, and mentally, how do your experiences of actual sense pleasure differ from your experiences of *desiring* sense pleasure?
4. What role does the *desire* for sense pleasure have in your life? How strongly does such sense desire operate for you? How free are you from acting on desires for sense pleasure? How often do you regret some of your pursuits of sense pleasure? What have been some of the more unfortunate consequences resulting from your pursuit of sense pleasures?
5. What experiences do you have that are more satisfying than sense pleasures? What meaningful or satisfying feelings do you experience that are not connected to sense pleasure? How can you nourish these feelings? How does the presence of these feelings affect your desires for sense pleasure?