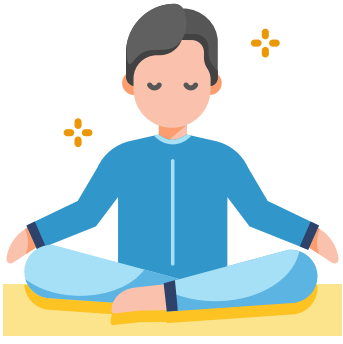


USE YOUR BRAIN MEDITATIVE CHALLENGE



Everything Zen?

WILL THESE QUESTIONS WITHOUT ANSWERS
EXPAND YOUR MIND OR JUST CONFUSE YOU?

The Challenge

Usually when we ask a question, it's usually because we want an answer. But that isn't the purpose of every question. Sometimes you can ask a question that doesn't have an answer to help you think. These types of questions have been used by thinkers throughout history, the most famous being Zen koans. These answerless questions have helped monks to focus their thinking and meditate and they can help us to. Practicing thinking through difficult logic, learning to approach questions at different angles, and deeply considering what words do (and don't!) mean are all valuable skills.

Take a few minutes to think through some of these questions. Don't worry about what answer you come to, the important thing is to work towards an answer, not get there.

If a tree falls in the forest
and no one is around,
does it make a sound?

If we replace every piece
of a car one at a time, at
what point is it a
different car?

What is the sound of one
hand clapping?

If a person says "I am
lying", are they?

What came first, the
chicken or the egg?

How many grains of dirt
makes a heap?

If you mix dirt and
water, do you have dirty
water or wet dirt?

What happens when an
immovable object meets
an unstoppable force?

Can you lose something
on purpose?