ANSWERS TO WS 1

LASTING HAPPINESS AS THE GOAL OF BUDDHIST PRACTICE

EXERCISES

1. Formulate the essential message of this text in your own words.
   - Everything is changing all the time. Nothing can be held.

2. What advice could Buddha give about where to find timeless happiness?
   - It could be found within.

3. To what extent do these following Buddhist symbols indicate inner happiness? Discuss as a group and write down key points about them.
   - Experiencer: strong, fearless, does not get irritated...
   - Diamond: precious, brilliant, rich, sparkling...
   - Ocean: big, immeasurable, full of possibilities...
   - Mirror: clear, polished, shows everything, omniscient..
   - Sun: powerful, life-giving, warming, joyful, full of love...