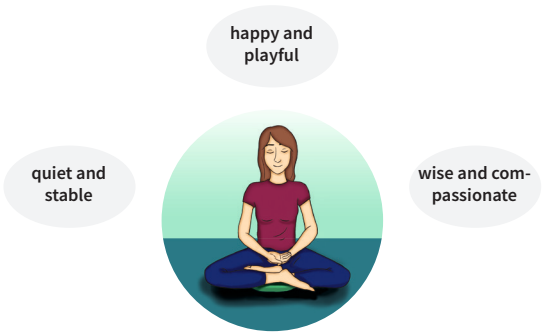
ANSWERS TO WS 3

BUDDHA'S TEACHINGS: PATHS TO LASTING HAPPINESS

EXERCISES

1. Explain the figure below and the connection with happiness.

- When one consider cause and effects, one is mindful in one´s actions, words and thoughts. Positive actions lead to happiness.
- Compassion involves caring to other beings and wishing them well. Wisdom enables one to make meaningful decisions, which leads to happiness.
- Meditation removes confusion and leads to inner freedom. Instead of being entangled in problems, one can act joyfull und playfully.



2. Read the text in **Material 2** and write down the most important characteristics in the table. Discuss in the group.

OVERVIEW OF BUDDHA'S TEACHINGS

	KNOWLEDGE OF PATH AND GOAL	MEDITATION AS METHOD	EVERYDAY APPLICATION
Diamondway	• Trust in one´s own Buddha nature • Enlightenment	• Identification with Enlightenment	• Pure View • Experience everything as joyful
Great Way	• Compassion and wisdom • Recognising emptiness • Enlightenment	• All beings are included	• The Six Liberating Actions
Theravada	• Karma • Cause and effect • Dispel the Ego-Illusion • Liberation	• MIndfulness • Stable mind	• Mindfulness of body, speech and mind