ANSWERS TO WS 2

BUDDHIST COMPARISONS WITH THE MIND

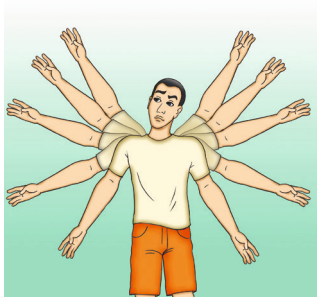
EXERCISES

The Buddha gave various symbols for the "timeless experiencer".

1. Underline the statements that indicate the experience of lasting happiness.
   - See graphic.

2. Make clear the difference between two possible levels of experience. "Happiness is a conscious choice." Where is the key? With your partner, find a specific example.

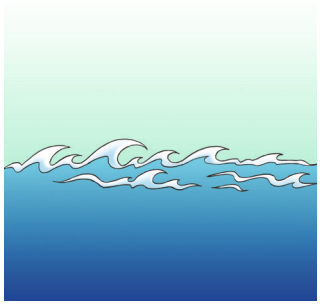
   - By not making oneself crazy through worry. By not identifying with the waves of thoughts, but with one's own experience, which is comparable to the depth of the ocean, the mind agitated by feelings is brought to rest.
   - By not letting oneself get angry and by compassionately changing one's perspective. One understands that the other person is not well at the moment, has patience with him and defuses the situation with kind words. One trusts that the clouds of anger will pass.



There is a timeless experiencer behind the experiences, who can be relied upon. The inner joy of the experiencer (= mind) is much richer than the conditional and constantly changing experiences.



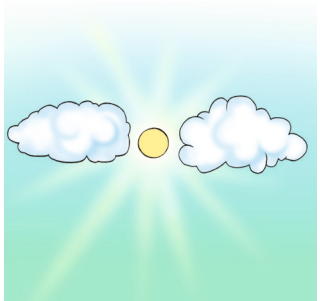
The mind is like a precious diamond. Its radiance emerges when the veils of ignorance and disturbing feelings are completely removed.



If one identifies only with the superficial waves, one experiences a constant up and down. If one rests in the vastness and depth of the ocean, one can enjoy the dance of the waves.



The temporary images in the mirror are evaluated on the basis of concepts and experienced as real. The mirror symbolizes the ability of the mind to experience consciously.



The mind is like the shining sun that is always shining. Clouds come and go, just like our thoughts and feelings.

MIND WITHOUT DISTURBANCES

WHAT WOULD IT BE LIKE IF THE DIAMOND, THE OCEAN, THE MIRROR OR THE SUN WERE OUR TRUE STATE AND WE EXPERIENCED IT?