WORKSHEET 1

LASTING HAPPINESS AS THE GOAL OF BUDDHIST PRACTICE

> "All beings seek happiness and want to avoid suffering. But many are looking in the wrong place." Buddha



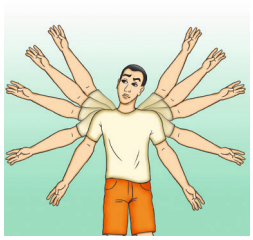
17. Karmapa Thaye Dorje

How much do we really know about happiness? From a Buddhist perspective, all sentient beings, including animals, seek happiness. We have a subconscious instinct to seek happiness – even though many of us don't have a clear idea what it is or how to achieve it. From a Buddhist perspective, there are two types of happiness: emotional happiness and timeless happiness. Emotional happiness could be described as seeking relief from the cold, or searching for sources of earning, position or status. Although there is nothing wrong with this type of worldly happiness, when we reflect on it, we might understand that all of these examples, by their very nature, are temporary. Emotional happiness does not last. Therefore, timeless happiness becomes something very important to seek.

Source:
By H.H. the 17th Gyalwa Karmapa Thaye Dorje, (2018, February 18) Finding Wealth, Freedom and Happiness. BUDDHISM TODAY magazine. https://buddhism-today.org/finding-wealth-freedom-and-happiness . (24.05.2026)

EXERCISES

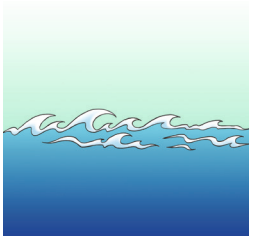
1. Formulate the main message of this text in your own words.
2. What advice could Buddha give about where to find timeless happiness?
3. To what extent do these following Buddhist symbols indicate inner happiness? Discuss in the group and write down key points.



THE TIMELESS EXPERIENCER



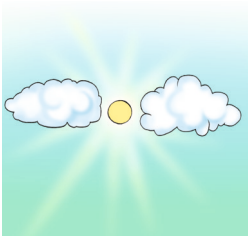
THE RADIANT DIAMOND



THE VAST AND DEEP OCEAN



THE CLEAR MIRROR



THE SHINING SUN