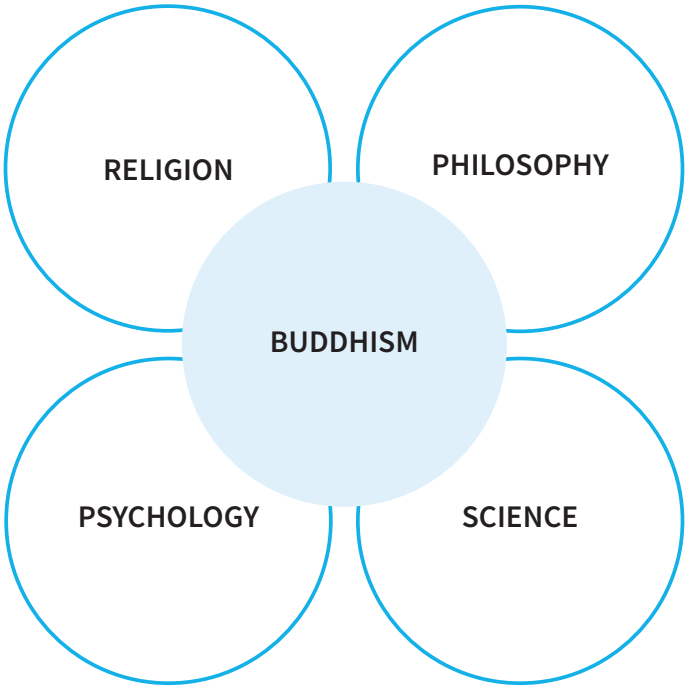
ANSWERS TO WS 1

BUDDHA'S TEACHINGS – RELIGION OR SCIENCE?



EXERCISES

1. Find similarities and differences.
2. Discuss in the group and note essential characteristics.

	SIMILARITIES	DIFFERENCES
BUDDHISM AND RELIGION	World religion, religion of experience, rituals, search for meaning and truth	No creator god, no dogmas, everything may be critically examined, Buddha as friend and role model, path of experience to enlightenment
BUDDHISM AND PHILOSOPHY	Logical system, findings can be supported by arguments, explaining the nature and meaning of the world, influence on the shaping of life	Timeless, going beyond all conceptual ideas, application of Buddhist view and meditation in everyday life, lasting change
BUDDHISM AND PSYCHOLOGY	Happiness, positive change, personal responsibility, use in everyday life, be at peace with yourself, develop skills	Unfold full potential of enlightened qualities, recognize our mind, the "experiencer", memory consciousness with karmic impressions, meditation methods
BUDDHISM AND SCIENCE	Investigation and critical examination through experience, coinciding findings from quantum physics, near-death research, medicine and perception theory with Buddha's teachings	Use insights and knowledge to experience lasting happiness, outer and inner truth are connected with each other