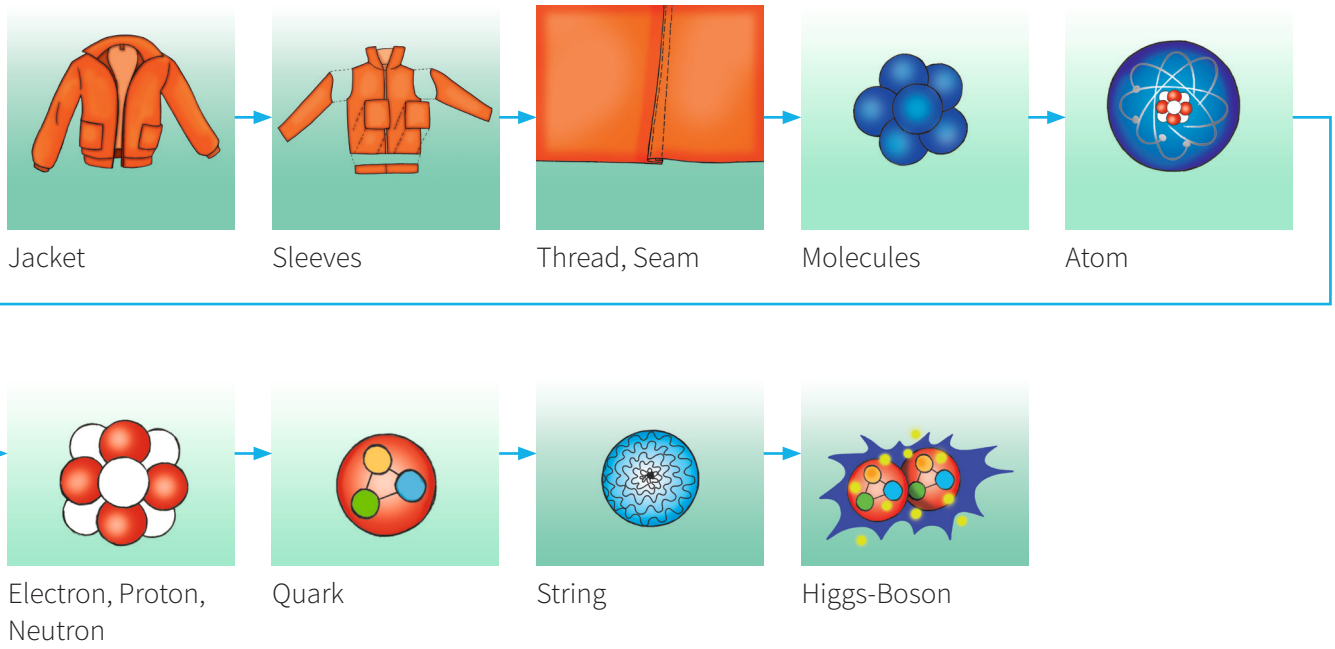
ANSWERS TO WS 3

REFLECTING ON REALITY



TASKS

1. Explain this sequence of images. Discuss this with your partner. Also include the findings from **Material 3**.

   The further you zoom into the microscale, the smaller the particles become. What remains in the end? Space? Energy? - An ultimately solid material reality is not to be found.

2. Reflect on what the statements from the Heart Sutra might mean for the "reality" of one's own body, thoughts and feelings.

   One's own body, thoughts and feelings also change all the time. They have no ultimate self-existence. Everything arises in the space of the "experiencer" and also passes again.

3. What advice would Buddha probably give to someone who is very attached to his body, who is entangled in his thoughts and feelings?

   Everything is not as fixed as it is usually perceived. One's inner attitude holds the key to how one experiences situations. One does not have to cling to one's old habits. Identification with the transient leads to suffering. Realizing that all feelings are impermanent opens the space for new possibilities. Meditate and develop your inner qualities! Be your inner light!