WORKSHEET 3

REFLECTING ON REALITY

Our perception conveys to us that things are real. Using the example of an everyday object, the view of reality is examined.

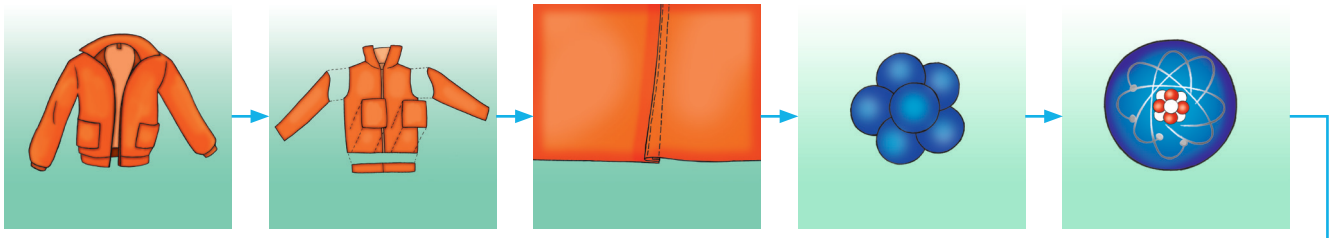


- The jacket is perceived as solid matter, e.g. it can be seen, felt...
- It is subject to a constant process of change, e.g. it ages, gets dirty, tears...
- The jacket fulfills concrete functions: e.g. it warms us.

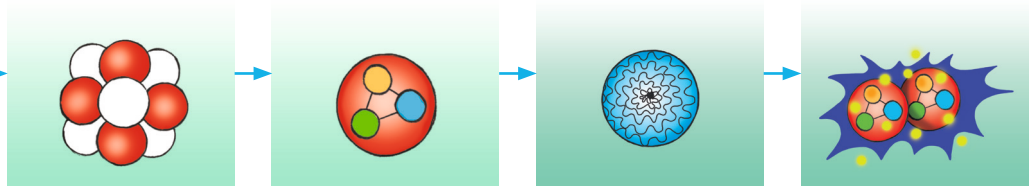
On close examination, there is no jacket "in itself". It is "empty" of existing intrinsic nature and has no ultimate independent substance. The findings of quantum physics prove the changeability of the particles and their arising and passing away. Already the atomic physics showed the "space" between the particles is and that everything is in motion.

EXERCISES

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



Jacket | Sleeves | Thread, Seam | Molecules | Atom



Electron, Proton, Neutron | Quark | String | Higgs-Boson

More than 2500 years ago, Buddha already explained that everything that is put together falls apart again and that the phenomena appear in dependence. In the Heart Sutra it says: "Form is emptiness and emptiness is form. Emptiness is nothing but form. Form is nothing but emptiness. In the same way, feeling, perception, formative power, and consciousness are emptiness."

2. Reflect on what the statements from the Heart Sutra might mean for the "reality" of one's own body, thoughts and feelings.
3. What advice would Buddha probably give to someone who is very attached to his body, who is entangled in his thoughts and in his feelings?