WORKSHEET 4

FOURTH NOBLE TRUTH: "THERE IS A WAY TO THE END OF SUFFERING"

In the 45 years of his teaching, Buddha gave 84,000 teachings that enabled his friends and disciples to make every moment of life a step on the path to liberation and enlightenment. His suggestions for ending suffering and experiencing lasting happiness can be categorized into three groups, namely, view, meditation, and action.

View:
"Understand the law of cause and effect and realize that you are not at the mercy of it, but have responsibility for your life. Since you are constantly planting seeds for your future, consciously decide what you do. Do not experience yourself as separate from others, consider the welfare of others more important than your own. Experience everything as meaningful, pure and already perfect in itself, full of compassion and wisdom. Align yourself with a realized teacher who supports you along the way."

Meditation:
"Through meditation, you calm your mind and gain more distance so that you can freely choose not to be carried away by disturbing feelings. This is how you reduce confusion. More compassion and wisdom unfold in your mind. In meditation, you practice holding a Pure View by attuning to the happiness of beings and identifying with enlightened qualities."

Behavior:
"Avoid behavior that brings suffering and practice behavior that brings happiness in every situation of everyday life. Align your behavior with the welfare of others. Act according to the maxim: The greatest possible happiness for the greatest number of people for the longest possible time. Act like a Buddha until you become one yourself."

It is very helpful not to walk the path alone.
The community of friends who walk the path to enlightenment is called Sangha in Buddhism. Good friends who have the same view and orientation support one's own development.

EXERCISES

1. Read the text and formulate an essential statement in your own words.

VIEW
MEDITATION
ACTION

2. Why friends are so important along the way?

