ANSWERS TO WS 4

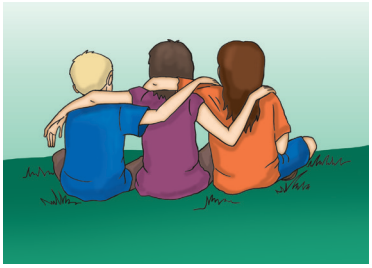
FOURTH NOBLE TRUTH: "THERE IS A WAY TO THE END OF SUFFERING"

EXERCISES

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

VIEW I am responsible for my own actions. The welfare of others is important.
MEDITATION I can create distance from disturbing feelings and experience more clarity.
ACTION Align behavior with the welfare of others.

2. Why are friends so important?



- They have a great influence.
- They support us in the right point of view.
- They pursue the same goal.
- They help us, they encourage us and sometimes they tempt us to do something ...