ANSWERS TO WS 1

THE FOUR NOBLE TRUTHS

EXERCISES

Read the text in **Material 2** and discuss with your partner.

1. Find more examples of the three types of suffering..

THE SUFFERING OF SUFFERING	For instance, when you hurt yourself, when you are sick, when someone is mean to you, when you suffer from hunger or cold, ...
THE SUFFERING OF CHANGE	For instance, when someone is happy because he has so many friends/ has a lot of money/has a great partner, but then the friends don't like you anymore/you lose all your money/your partner leaves you; when you move and lose your friends because of that; when you were happy just a moment ago because you won in a game/sport and then you lose again ..
THE SUFFERING OF IGNORANCE	Part 1: When you make your happiness dependent on external things e.g. when you want someone to smile at you and they don't and you are sad because of that; when you hope to get a certain present for Christmas and then you don't get it ... We can only find real happiness within ourselves. Part 2: Actually we are joyful/happy, but we are not aware of it all the time; like when it is cloudy or raining, we often forget that the sun is always shining above the clouds. Compared to lasting happiness, all transient happiness is sorrowful precisely because it is short-lived. .

2. Try to better understand the third type of suffering by asking the following questions..

- Have you had your own experience with the "suffering of ignorance"?

  "Yes, sometimes I don't know my way around at all. I don't understand my life, and wonder what the meaning of everything is."

- Have you had your own experience of not having control over your feelings and thoughts?

  "Yes, many times. There's so much going around in my head. I can't turn off my feelings."

- Have you ever felt the inherent joy in everyone, just like that without an external cause?

  Individual answers are to be expected: e.g., "Yes, quite unexpectedly. Very surprising, totally unexpected." "No, I don't know. With me inside, it's rather gray. I don't feel anything."

- Draw a symbol for the joy inherent in everyone.

  Individual design is desired: e.g. rainbow, flower, sun, tree, smile, dance ...