WORKSHEET 3

THERE IS AN END TO SUFFERING

"THE ASCENT OF THE MOUNTAIN"

1. THE VILLAGE IN THE FOG

In a village at the foot of a mountain, people lived a normal life with all the minor and major problems. They made love and fought, cheated on each other and got involved in all kinds of business. Thick fog hung over the place and enveloped it. Most people had become accustomed to this foggy condition. Four friends were not satisfied. One day, a message came on their cell phones, "Look up!" - Sure enough, the blanket of fog had lifted. A patch of sky was visible and, for a very short time, the top of the mountain. That's when they realized there was something outside the fog. "That's where we're going!" they decided. "Oh, cut the crap, stay there! It's safe down here!" they said. But the desire to discover new things was greater than any fear. So they set out. (Recognizing the suffering)

2. DEPARTURE AND FIRST STAGE

The four friends set off. They walked through the lower layers of fog. There was a narrow path that was not easy to find, but they managed. Apparently, someone had already gone up before them. "We are not at all the first to come up with such an idea!" In a strenuous walk, they climbed higher and higher. And really, after some time the fog cleared and they came out into the open. (Way: consciously distinguish, meditate, live mindfully)

3. THE GREEN MEADOW

They had come above the layer of fog. How wonderful to see the vast blue of the sky and to behold the majestic grandeur of the mountain! The air was fresh and clear. A green meadow, a splendid place of peace, invited us to settle down. "Here we rest, here it is good!" They sat down. "What a relaxation! This peace is wonderful! Finally out of the village clutter, the old fug! No one can disturb us here. Here we are free!" (Goal: Liberation)

4. THE WAY TO THE SUMMIT

After a soothing rest, one said, "Let's keep going, there's still a lot to discover!" But two of the friends preferred to stay in the meadow. "It's good for us here." So the other two set off, full of energy and desire to do something. "What else will we discover, maybe something new for everyone!" Things were going steeply uphill. When it was difficult, they encouraged each other. They jumped over bubbling streams and crossed wide fields. The last stretch to the summit was not easy to master. But turning back was no longer an option! The joy of discovery was already too great. They gathered all their courage and scaled a rock face. "That was exciting!" They took a deep breath and continued climbing. Happily, they reached the top. (Path to Full Enlightenment)

5. THE SUMMIT

They had an unrestricted panoramic view. Completely free of fear, they enjoyed the open expanse of space. Boundless joy filled them. They saw clearly their own path and also that there were several paths to the summit. Below lay their village. There they felt the desire to share this wonderful experience of happiness with the other people. "We will go down and show the others the way!" (Goal: Enlightenment)

6. BACK IN THE VILLAGE

They lived in the village again and explained the way to those who wanted to hear it. Not all of them were interested. Some listened with interest but did not want to walk the path themselves. Some went on their way.

Outwardly, our two friends did not live very conspicuously. But if you looked closer, you could feel that the experience they had had at the top of the mountain was deep in their hearts. They were no longer entangled in their own worries or problems and had strength and surplus for others. Full of wisdom and compassion, they did what was meaningful at the time. Our two friends were never discouraged and were steadfast. (Bodhisattva activity for the benefit of others)

EXERCISES

1. With the help of the text, develop an understanding of the stages and label the picture.

2. In the text, two states that describe the end of suffering are depicted: Liberation and Enlightenment. How are they described? Mark corresponding statements in the text.

