ANSWERS TO WS 4

THE THIRD NOBLE TRUTH "THERE IS AN END TO SUFFERING"

EXERCISES

Work in a group.

1. Explain the term "Buddha".

   It means "the awakened one." The limited perception of normal people is compared to a dream. Like the man with the hammer who is entangled in a chain of projections and is not aware of it, this is thought to be reality.

2. Describe the first level of the end of suffering.

   It is called liberation. The attachment to the ego-imagination is released. A deeply relaxed state of inner peace and clarity is experienced, free from any disturbing feelings.

3. How is each moment experienced when one is enlightened?

   Fresh and joyful; everything is spontaneous and effortless.

4. How is beyond-personal compassion expressed?

   At this level, every act expresses a non-separating compassion, with the desire to benefit all beings - like the sun that shines by itself and does not discriminate who stands in its light.