WORKSHEET 4

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

When one experiences indwelling joy constantly, as Buddha did after his enlightenment, this is the "end of suffering." This is a perfect state, free from any form of suffering.
The name Buddha is Sanskrit and translates as "the awakened one." His name indicates that he awoke from "the dream of ignorance."

Since his enlightenment, Buddha continuously demonstrated the ultimate experience of mind: its essence is omniscient, fearless space and its expression is constant, supreme joy. At this level, every act expresses a supra-personal compassion. Without a dualistic notion of one doing something with the others, the mind is like the sun shining out of itself. Each moment is experienced freshly and joyfully, the qualities of the mind manifesting completely effortlessly and spontaneously. Inner experiences and outer worlds are contained in the mind, comparable to the sea in which the emerging waves are at the same time inseparable from it.

In Buddhism, two levels of realization are distinguished on the path to enlightenment. **Liberation**, in which one develops the insight that everything personal, such as one's own body and inner states, are in constant flux. Accordingly, one lets go of attachment to the ego concept. A deeply relaxed state of inner peace and clarity is experienced, free from any disturbing feelings. For the further path to full **enlightenment**, it is about developing beyond-personal compassion and beyond-personal wisdom with the motivation to be able to benefit all beings. Wisdom means recognizing the emptiness of all phenomena beyond dualistic concepts. In enlightenment, all inherent qualities unfold.



EXERCISES

Work in a group.

1. Explain the term "Buddha".
2. Describe the first level of the end of suffering.
3. How is each moment experienced when one is enlightened?
4. How is the beyond-personal compassion expressed?