ANSWERS TO WS 3

HOW STRONG IS A KARMIC IMPRINT?

EXERCISE 1

Regarding point 1.: The students apply the short explanation on **Worksheet 3** to case studies by differentiating how the strength of the karmic impression is related to the degree of awareness and the inner attitude, both in the happy and the sorrowful sense.

Regarding point 2.: Likewise, the students should reflect that their own actions have consequences on their environment. The fact that one can bring suffering or happiness to others means we have comprehensive personal responsibility. Thus we have the freedom to consciously decide which actions we want to perform and which to avoid.

Regarding point 3.: The students understand that the attitude of really wanting to benefit or harm can vary. Behavior can also be gentle or drastic. The decisive factor is whether one is satisfied with one's own actions or regrets them.

Regarding point 4.: Previous negative actions can be turned into positive ones by deciding to do the opposite. This happens through four stages of attitude:

- First, one recognizes that one has brought suffering.
- Second, one wishes to remove what is disturbing.
- Third, one makes a firm resolution not to do it again.
- Fourth, one consciously decides to act positively.

EXERCISE 2

In the group, create a chart that conveys to a non-Buddhist how karma (the law of cause and effect) works.

The diagram should clearly reflect in its entirety what has been learned so far about karmic relationships.

Components of the chart can be:

- Every experience/experience can be explained as a result of karmic causes.
- Positive actions result in positive impressions, negative actions result in suffering.
- Depending on the attitude of the person acting, impressions of different strength result.
- Karma is therefore the key to creating one's own future happily.
- Negative karma can also be cleared up.
- This means self-responsibility.
- Cause and effect (= Karma) takes place in every moment of thinking, speaking, acting.

Note: refer to teaching unit 5:
THE 10 BENEFICIAL AND HARMFUL ACTIONS