WORKSHEET 1

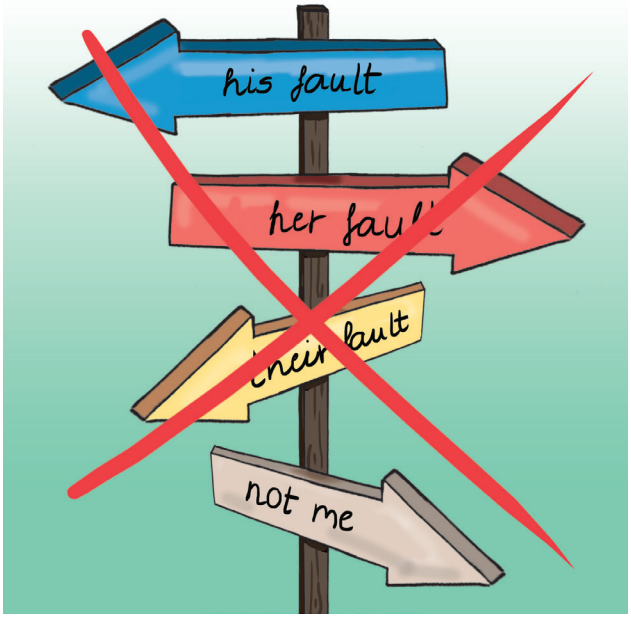
ACTION AND EXPERIENCE ARE INTERRELATED

A

EXERCISES
Discuss the following situations in your group and answer the questions. Imagine you are experiencing this yourself.

a. difficult people (classmates, teachers, neighbors, parents, ...)
b. prolonged illness
c. difficult learning with little success
d. unemployment

1. who is responsible?
2. who is "to blame"?
3. what room for maneuver does one have?



B

Every person collects an infinite number of impressions in the mind based on his actions, views and evaluations. Colored by our own background of experience, everything is experienced personally. No one else experiences and judges the same as oneself.

Buddha explained the connection between view and action:

The more negative the impressions in the mind, the more difficult, unpleasant, gray and constricted one experiences the world, oneself and fellow human beings. Suffering is experienced and seeds for new suffering are planted by further negative actions.

If one has many good impressions in the mind, one experiences the world as exciting, interesting and full of possibilities. Happiness and joy are experienced. From the joyful power, one can do many meaningful things and, through further positive actions, plant seeds for future happiness.

Exercises
1. Share with your classmates in the group one example each of negative and positive impressions.
2. Reflect on the Buddhist statements to see if you find them consistent.
3. Explain the difference between personal responsibility and blame.