ANSWERS TO WS 4

USEFUL ACTIONS IN DAILY LIFE



Formulate a principle of action as Buddha advises.

Example: Act mindfully with body, speech and mind.
Act in such a way that happiness arises as much as possible, avoid actions that bring suffering!

How can you implement this principle of action in your own life? Find concrete examples.

Example: Be friendly instead of angry, see the positive in a situation and stop nagging, notice others instead of overlooking them, ...

Formulate useful tips for this purpose.

MOTIVATION – Think of the happiness of as many beings as possible!

MINDFULNESS – Be aware of how you act, what you talk about, and what you think.

TRAINING – Practice what has been difficult for you so far.



Breathing and mindfulness meditations of all Buddhist schools help in this context to achieve more distance to inner and outer experiences. The peace of mind that arises in this way allows the freedom to leave what brings suffering and to decide in favor of behavior that brings happiness. One no longer takes things personally and, through the resulting freedom, is able to act meaningfully and powerfully for the good of all beings.