WORKSHEET 4

USEFUL ACTIONS IN DAILY LIFE



Formulate a principle of action as Buddha advises.

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

Formulate useful tips for this purpose.

MOTIVATION

MINDFULNESS

TRAINING



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.