ANSWERS TO WS 3

CAUSES AND EFFECTS

EXERCISES

Exchange ideas with a partner.

1. Place the actions in a larger context of effects. How does change occur? Think about the interactions between motivation, training, action, and consequences. Create a diagram, comparable to the ones below, and trace the processes of change.

   Motivation: The basic attitude is to act for the best of all beings with body, speech, mind. One chooses wisely what is useful and avoids what brings suffering.

   Training: In everyday life, this attitude must be implemented. One's own actions are reflected and considered for their consequences. Meditation brings enough distance and clarity so that one does not act reactively and impulsively.

   Action: Every everyday situation is used sensibly and executed in the best possible way. If one makes mistakes, this is not condemned, but seen as a field of experience and development.

   Results: The consequences that occur are not dismissed as coincidence, but the realization is consolidated that everything one thinks, talks, does has consequences, both for oneself and for others.

   Diagram: individual solutions

2. Let the quotes from Buddhist masters below resonate with you.
   Is there a quote you would like to apply?

   This assignment is not about discussion or decision, but about inspiration. The pupils recognize effective connections and allow impulses - or not.