ANSWERS TO WS 2

THE TEN BENEFICIAL AND HARMFUL ACTIONS IN BUDDHISM

EXERCISES

Read the text and work in a group.

1. Which of the Buddha's advice is new and unfamiliar to you?

Probably the mental actions are unfamiliar at first.

2. Explain the category of "mental actions" by showing the consequences of each.

be frugal and content: serenity, peace of mind, no competitive pressure,...	being greedy and envious: great dissatisfaction, constant restlessness, great competitive pressure, malaise,...
be benevolent: trusting atmosphere, friendship, relaxation,...	being malicious: distrust, constant tension, lying in wait, gloating, hostility, fighting,...
develop the right outlook: thinking clearly and understanding connections of cause and effect, taking responsibility for one's own steps, learning from experience, basis for sensible decisions,...	have wrong views: not understanding the connection between cause and effect, believing in homespun "truths", basis for wrong decisions, not taking responsibility and not learning from mistakes,...

3. Develop ideas about the effects of an action for yourself and for those around you, both in the short term and over a longer period of time. Choose one positive and one negative example. Present your answers in a mind map or table.

positive example	negative example
being generous	being greedy
for yourself - for your surroundings short-term - for a longer period	

feel rich
satisfaction
friendship develops
good feeling
being relaxed
economic growth
prosperity
joy of giving

feel poor
be dissatisfied
become unpopular
have to compare yourself all the time
never having enough
all skimp
hoarding purchases