ANSWERS TO WS 2

THE BODHISATTVA PATH

EXERCISES

Discuss the tasks with a partner

1. Compare the Bodhisattva's attitude with the inner causes of happiness you worked out in **Worksheet 1**.

   - basic satisfaction - low attachment to the “I”
   - well-developed social network - desire to act for the best of all beings
   - trust among each other - to include the happiness of others
   - free shaping of one's own life - desire to develop
   - feeling of security and freedom - courageous and unshakable

2. Explain the Buddhist terms "compassion and wisdom".

   Compassion means:
   - understanding that all beings wish to experience happiness and that one's own happiness is not separate from this
   - to have the desire to benefit all beings
   - not to exclude any being
   - to see the potential of others and to strengthen their abilities
   - to be courageous and fearless in focusing on the happiness of others despite adverse circumstances
   - to do meaningful things in a completely super-personal way, without attachment to an ego

   Wisdom means:
   - to recognize what leads to happiness and what leads to suffering and to act accordingly
   - to perceive how a situation really is
   - to feel connected with others
   - to be unshakable by understanding impermanence, even in difficult situations
   - to know that all phenomena are composed by conditions and do not have a permanent existence

3. What is the value of meditation?

   Meditation is a training through which more wisdom, joy, space, clarity, and stability arise.
   Meditation is one of the "Six Liberating Actions".