WORKSHEET 3C

THE SIXTH LIBERATING ACTION

WISDOM

Buddhist wisdom does not mean school wisdom and intellectual knowledge, but an intuitive, spontaneous understanding of all things. One experiences every moment in a beyond-personal way, beyond all limiting feelings and conceptual ideas. The more one opens oneself for others, the more one's efforts for one's own "I" recede into the background, and an enormous potential of power is released. This growing treasure of compassion leads at the same time to a clearer understanding of how things are connected and what benefits others. One increasingly experiences that it is natural to be kind. When one realizes that subject, object and action are parts of the same wholeness, the notion of "I'm doing something to you" disappears; instead, one realizes that every action is directly connected to everything. This experience is enriching.

However, it cannot be grasped purely intellectually, but can only be described, for it eludes all concepts and ideas. Much like you can't really convey the taste of sugar with words to someone who has never tasted it.

On the everyday level, everyone encounters their own lack of wisdom again and again: for example, one wants to make a decision for others or oneself, but does not know which action will bring the desired result; it becomes more of a trial-and-error decision in which much hope is placed on the expected solution. All these limitations gradually fall away on the Buddhist path, and every act is imbued with wisdom.

EXERCISES

- You are in the city center. Suddenly, for no apparent reason, you feel like you need to go to a certain building (store, mall, snack bar, etc.). Lo and behold, you run into a very dear person you were going to call today. Has something like this ever happened to you? Tell. What guided you to go into the building?
- Do you know moments when two people think or say the exact same thing?
- Have you ever had inexplicable protection in a dangerous situation?
- Do you know moments when you are just happy, without any external cause or expectation?
- In an argument, is it helpful to look at the whole thing from a higher point of view instead of just insisting on your own point of view? Do you know such situations?
- When planning a major thing, such as a new school building, wisdom is needed to ensure that everyone's needs are considered. Wisdom means comprehensively including everyone. List who to think about.