ANSWERS TO WS 2

THE WAY OF A BODHISATTVA – THE SIX LIBERATING ACTIONS

EXERCISES

1. Briefly explain the term Bodhisattva.

   A Bodhisattva has chosen to develop himself for the benefit of others with all his might.

2. Find appropriate phrases for the first four Liberating Actions and give reasons for your choice.

   Phrases are experiential. They point to certain human characteristics and social values and thus can be a help in various life situations.

   Possible phrases:

   - Generosity: He who gives never loses. Nothing comes from nothing.
   - Sensible behavior: As one calls into the forest, so it resounds out. Everyone is the architect of his own fortune.
   - Patience: Strength lies in calmness. No master has ever fallen from the sky.
   - Joyful effort: The world belongs to the diligent. No pain, no gain.

3. Deepen the first Liberating Action, generosity. For this purpose, imagine an ideal celebration, the moment when you distribute your appropriate and very beautiful gifts:
   How is the one who has been given a gift and how is the one you have given a gift?
   In this context, clarify the characteristic of the process of gift giving, keeping in mind the last sentence of the text: "Everything and everyone is connected". Your result will lead you in the direction of Buddhist wisdom.

   - Both the recipient and the one who gave the gift are happy - and this makes a birthday, anniversary or other celebration a special event. Buddhist wisdom in this context means the interconnectedness of all things and phenomena. The process of giving includes the one who gives from the heart, the giving as an act and a recipient who accepts joyfully. It becomes clear that everything belongs together and no aspect can be missing. If one extends the example, one becomes aware that we influence each other in every situation or with every action - positively as well as negatively.