ANSWERS TO WS 2

THE PATH OF A BODHISATTVA - THE SIX LIBERATING ACTIONS

EXERCISES

Read the text and discuss in the group.

1. Explain why these actions are called "liberating".
   - They are liberating because they create free space in one's mind. One experiences consciously and has enough distance and clarity to make meaningful choices. Through a perspective that recognizes how everything is interconnected, one becomes more effective in compassionate action because one sees what is truly beneficial. This results in freedom and happiness.

2. Why is wisdom so important in the application of all Liberating Actions?
   - Because without wisdom, one is generous in meaningless areas, cannot distinguish what is meaningful behavior, patiently endures everything like a donkey, and joyfully and energetically performs useless or even harmful things. Wisdom protects against stupidity.

3. Specify the attitude and motivation of the man at the back of the supermarket checkout line and compare his actions with the "Liberating Actions".
   - The backmost man does not think only of himself; he has a supra-personal attitude that involves the welfare of all.
   - Comparison with the Liberating Actions:

WHAT IS THE UNDERLYING ATTITUDE?	HOW IS THAT EXPRESSED IN SPEECH?	WHAT ACTION TAKES PLACE?
• Has also happened to me before. • The woman is an honest person. I want to help her. • Everyone seems to be maxed out. We need to loosen up. • Although I'm tired because I've had a long day at work, I don't let it spoil my good mood. • No situation is unchangeable.	• He asks how he can help. • He reassures those present and, in a calm, friendly tone, asks them to open a second cash register. • He offers to pay the woman the missing amount in exchange for her address.	• He calmly gives way to the woman who bumped into him and makes some space. • He remains relaxed and calm, smiles at the woman who bumped into him so that she can apologize. • He smiles at the others and makes an appropriate joke that loosens up the situation. • He lays out the money to the woman.