WORKSHEET 4

ENLIGHTENMENT EXPRESSES ITSELF IN COMPASSION AND WISDOM AND ACTIVITY

On the path to enlightenment, one first experiences liberation from disturbing feelings and a fixed ego conception, after which limiting concepts about the world fall away until the full experience of the unlimitedness of mind is realized.

The inherent **qualities** of the mind are brought to full fruition. One perceives the mind as luminous conscious space, unlimited and indestructible. **Fearlessness** results from this. In the space of the mind, all kinds of things can appear, comparable to clouds that appear in the sky, take on different forms and dissolve again. This playful richness is experienced as joy. It is recognized that all beings have the potential for enlightenment and want to experience happiness. **Love and compassion** are a natural expression of enlightenment.

COMPASSION

Enlightened mind (sanskr.: bodhicitta) is the desire to achieve enlightenment for the benefit of all beings. This attitude is based on the understanding that one is not separate from other beings and that one's own happiness is not more important than the happiness of other beings.

Compassion and the abilities to help others unfold naturally. This attitude makes both meditation practice and action in everyday life very powerful. Every deed becomes the action of a **Bodhisattva** (literally, "hero of the enlightened mind") and thus a step on the path to enlightenment.

WISDOM

Wisdom includes the understanding of cause and effect, the knowledge of impermanence, the realization of the relativity of attributions and develops the insight that experiencer, experienced and experienced - subject, object and deed - cannot be separated and are parts of a wholeness. Everything is experienced in a supra-personal way.

AKTIVITY

Through the connection of energetic **compassion** and beyond-personal **wisdom**, the scope of action expands. Wisdom and compassion have become so natural that every action arises spontaneously, without the dualistic notion of "I am doing something to you or for you," and contributes to the benefit of other beings. Simply put, every situation is accurately grasped, and enlightened activity does exactly what is most appropriate.

Buddhas and realized teachers act for the benefit of beings. Depending on what is needed, they act **pacifying, enriching, fascinating, and/or powerfully protecting**. These are the four enlightened spheres of action.

HIGHEST TRUTH IS HIGHEST JOY IS HIGHEST LEVEL OF FUNCTIONING

EXERCISES

1. Develop an understanding of the highlighted terms (fearlessness, joy, compassion, wisdom, and activity) from the text above.
2. Consider whether these qualities are relevant to yourself.
3. Can you imagine people today walking this path to enlightenment?