ANSWERS TO WS 1

IS THERE LASTING HAPPINESS?

EXERCISES

1. In bullet points from the life story, note essentials about the following steps:

- Initial situation: wonderful life in the palace, king's son
- Motivation: find lasting happiness for oneself and all
- Path: go away, meet teachers, learn, meditate, dwell in deep meditation
- Goal: radiant awareness in the here and now, enlightenment

2. In partner work, discuss the following key questions:

- What do you think of Buddha's decision to leave his familiar surroundings?

  It is understandable, he wanted to try something new.
- Do you think the urgency of Buddha's concern is still relevant in today's life?

  Yes, there is much suffering in the world.
- Look for situations from your field of experience where you have left familiar paths.

  Individual responses, including transgressive experiences (e.g., drugs, extreme sports).
- Consider whether there are solutions to lasting happiness.

  If so, then most likely through inner attitude.
- Do you see a way to change the external world to bring about lasting happiness?

  Although one hopes this, wars, catastrophes, etc. happen again and again.