ANSWERS TO WS 2

OVERCOMING THE EGO ILLUSION

EXERCISES

1. On the idea of the ego:

- Can you relate these Buddhist statements to your own experience?
  Yes, it is obvious.

- What does this statement mean about no longer being a target? Find examples from everyday situations!
  Instead of getting angry, one remains calm and acts with compassion. In loss, one is aware that things change. In difficult situations, one understands that others have similar problems.

- Make suggestions on how to act less self-centered.
  One also thinks of others and acts accordingly: I share my cake, etc.
  One understands higher-level relationships and that others also want to be happy:
  One takes responsibility.

2. On how to deal with feelings:

- When are feelings disturbing?
  When they are too strong and take over. When one becomes dependent.
  When one harms others and oneself.

- What "disturbing feelings" can you name?
  Anger, rage, resentment, jealousy, envy, greed, addiction, dullness, sluggishness, arrogance, mistrust ...
  Desire, depression, listlessness, anxiety, ...

- How do "disturbing feelings" express themselves when you live them out uncontrollably?
  Too strongly, one is at their mercy. One makes oneself ridiculous. You destroy friendships and trust.

- What is the advantage of not acting out a "disturbing feeling" but consciously letting it go?
  You gain freedom to make decisions. You remain sovereign. Others can rely on you.

- How can one learn not to act on "disturbing feelings" but to remain calm?
  Training, meditation, mindfulness exercises, insight, learning from experience, developing humor, being able to laugh at oneself, ...