ANSWERS TO WS 3

# HABITUAL PERCEPTION AND JUDGMENT

**EXERCISES**

In your group, discuss the following questions.

**1. Culturally colored perception and evaluation**

a) What is morally acceptable? Examples vary across cultures.
In arranged marriages, family loyalty is key, even if against individuals' wishes.
Homosexuality, food taboos, dress codes differ widely across societies.

b) To what extent are hierarchies accepted as given? Give examples from different forms of society.
According to research, for example, only 13% of Russians would point out a mistake to their boss, whereas well over 90% of the Swiss would. Totalitarian and dictatorial systems do not tolerate contradiction.

**2. Subjective perception based on personal history**

a) How does your infatuation affect your perception of your partner and everyday life?
The mood and feelings change the experience very strongly. In infatuation you see everything through rose-colored glasses, shadow sides are faded out.

b) How does a memory of an unsettled quarrel influence the renewed encounter?
Due to unresolved situations one is prejudiced and expects a repetition of the negative, the perception is distorted. One is tense and anxious or ready to attack.

**3. Limited perception through the senses**

a) What eludes our perception through the senses? Where do animals perceive more precisely/ differently?
Nuclear radiation, microwaves, electro smog, infrared, x-rays, etc. Sonars in dolphins and whales, to produce and perceive ultrasonic sounds; other hearing frequencies in dogs; compound eyes in insects, etc.

b)How real is reality? Does the research result listed below change anything in your relationship to the "reality of matter"?
The realization that reality is perceived to be more static than it is opens up an awareness of the mutability and limitless possibilities in space. In everyday life these realizations are blanked out by almost all people.
Quantum physics and Buddha's statement both give similar clues to the nature of phenomena.

**4.How can one overcome limitations caused by habitual perception?**

- One is aware of the limited point of view.
- One takes a super-personal point of view.
- There are also training methods.
- In the Buddhist context, one gets this freedom through meditation.