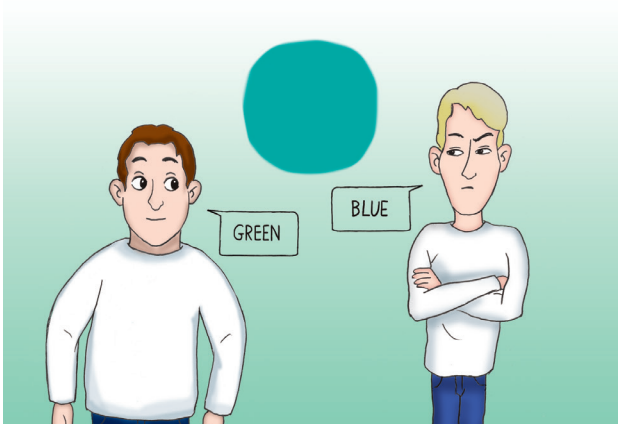
WORKSHEET 3

HABITUAL PERCEPTION AND JUDGMENT

In Buddhism, we speak of fundamental ignorance because we do not perceive how things really are. Because of our cultural background, upbringing, personal history, and sensory perception, the world is experienced and evaluated differently.



EXERCISES

In your group, discuss the following questions.

1. Culturally colored perception and evaluation

a) What is considered morally and ethically acceptable? Give examples from different cultures.
b) To what extent are hierarchies accepted as given? Give examples from different forms of society.

2. Subjective perception based on personal history

a) How does being in love influence your perception of your partner and everyday life?
b) How does a memory of an unreconciled quarrel influence meeting again?

3. Limited perception through the senses

a) What eludes our perception through the senses? Where do animals perceive more accurately/differently?
b) How real is reality? Does the research result listed below change anything in your relationship to the "reality of matter"?

At the Cern research center in Geneva, physicists deliberately collide particles and then observe what is created. They are looking for a smallest assumed particle, the so-called Higgs boson. However, they have not detected the particle itself, but the components into which it disintegrated again in a fraction of a second.

Compare this to Buddha's statement:
Form is emptiness, emptiness is form, form and emptiness are inseparable. Everything is the free play of space.

4. How can one overcome limitations that arise through habitual perception?