ANSWERS TO WS 3

BUDDHIST CORE MESSAGES TO USE LIFE WISELY

1. ABOUT CAUSE AND EFFECT

Task: Assign meaningful actions to.

healthy, long life	protect life
wealth, always having enough	generosity
harmony, kindness	happiness bringing sexual behavior
one hears the truth, enjoys prestige	telling the truth
you have enough friends	creating harmony
to hear pleasant things about oneself	speaking calmly and confidently
what one says causes changes	meaningful speech
balanced state of mind	being frugal and content
one has confidence in others	to be benevolent
acumen	to develop the right outlook

2. ABOUT MOTIVATION AND ATTITUDE

Task: Give reasons for your choices. Discuss in the group.

The first and last answers are correct. The attitude should be such that I do not separate everyone's happiness from my own happiness. Because in the long run, this attitude leads to habitual tendencies and shapes the experience.

3. ABOUT THE VIEW

Task: Discuss. This "staying free in the moment" gives a taste of the space nature of the mind. Do you know such brief moments? Do you know the feeling of being more than the limited self? Why can't you hold this feeling of freedom permanently? How what can you practice it?

- The students exchange experiences, such as experiences in sports (skiing, surfing, climbing), in nature (mountains, sea), in love, with good friends, when you help someone ...
- In above mentioned situations you experience the here and now powerfully and intensively and forget to think about yourself.
- The feeling of freedom is not to be held, if fears and hopes of the ego overlay the moment, if expectations narrow, if disturbing feelings cloud, ...
- Meditation is a method to overcome the ego attachment and to dwell in the space nature of the mind. It is also practiced in everyday experience by allowing the aha moments of openness and being aware in the here and now.