WORKSHEET 1

DEATH - BEYOND PREVIOUS CONCEPTIONS - SUDDENLY IN THE VASTNESS OF SPACE



EXERCISES

Discuss in groups.

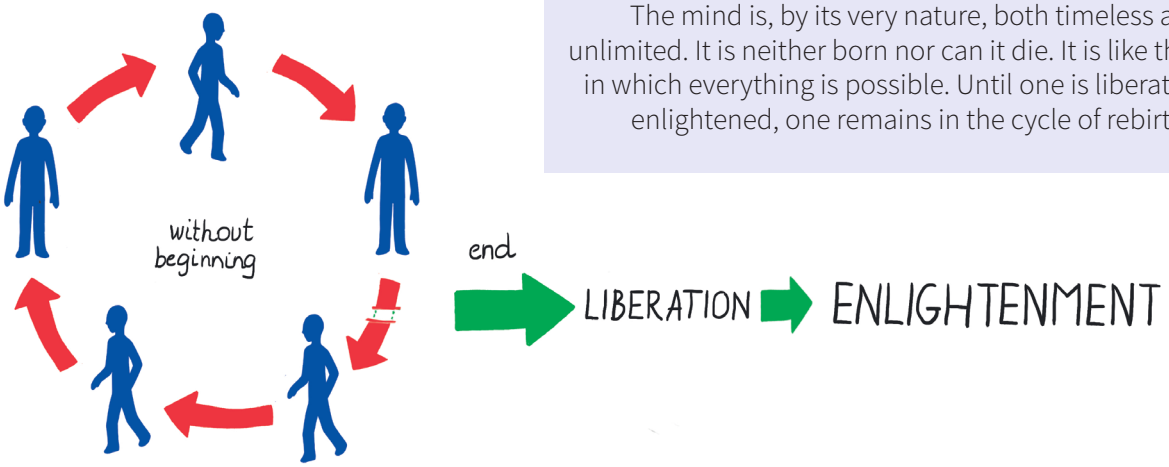
1. What does the change of perspective trigger in the mouse? What is the new experience?

2. Relate this new experience to the Buddhist quotation.

> "May the knowledge of the space nature of the mind remove the fear of dying from many people."

BUDDHIST MODEL - WHERE DO WE COME FROM? - WHAT HAPPENS AFTER DEATH?

3. Explain the illustration.



The mind is, by its very nature, both timeless and unlimited. It is neither born nor can it die. It is like the space in which everything is possible. Until one is liberated and enlightened, one remains in the cycle of rebirths.