ANSWERS TO WS 2

DEATH AND REBIRTH FROM A BUDDHIST PERSPECTIVE

EXERCISES

Discuss in your group and mark appropriate passages in the text.

1. How is the "space nature of mind" described?
   - indestructible, timeless, unlimited

2. What is the relationship between mind and body from a Buddhist perspective?
   - The body dies, it remains as a corpse.
   - Mind perceives everything, experiences and all qualities are inherent in it.
     It is always present with all its stored impressions or tendencies and connects with a new body.
   - Mind cannot die, death as well as birth are a transition.

3. Why are beings in the cycle of rebirth?
   - Because they set seeds through their thoughts, words and deeds that lead to corresponding experiences.
   - These main tendencies stored in the mind reappear in the future life, along with the appropriate circumstances and conditions.

4. Explain why it is important to become aware of one's habits of thought and action and to change them if necessary.
   - It makes sense to use life, because according to cause and effect you reap what you have sown.
   - One can consciously act sensibly and avoid negative impressions.
   - Good habits can be further developed and perfected.
   - Burdensome impressions that one has not processed and cleared up make the dying process more difficult.
   - The main tendencies stored in the mind influence where and under which circumstances one is reborn.