WORKSHEET 3

BUDDHIST CORE MESSAGES TO USE LIFE WISELY

1. ABOUT CAUSE AND EFFECT

Actions and their effects correspond to each other. If you wish to be reborn in good conditions, you must set corresponding causes through your actions.

healthy, long life	
wealth, always having enough	
harmony, kindness	
one hears the truth, enjoys prestige	
you have enough friends	
to hear pleasant things about oneself	
what one says causes changes	
balanced state of mind	
one has confidence in others	
acumen	

Task: Assign meaningful actions to.

Protecting life - auspicious sexual behavior - creating harmony - being benevolent - meaningful speech - being frugal and content - generosity - telling the truth - developing the right outlook - speaking calmly and confidently.

2. ABOUT MOTIVATION AND ATTITUDE

Feelings and attitudes color our experience and shape further development. Which attitude brings happiness both in the present and in future lives?

- May all living beings be happy
- I don't care how others are doing
- The main thing is that I have my advantage
- Act for the benefit of all

Task: Give reasons for your selection! Discuss in the group.

3. ABOUT THE VIEW

The more one understands that the mind is intrinsically indestructible, the sooner expectations and fears dissolve and one is free to dwell or act in the moment.

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?