

Together on the Path

01-June-2021

Take a few minutes to get to know each other :)

Questions

1. What came to mind when doing this meditation?
2. What does it mean that Buddha is the doctor? (flip to next page for help)
3. What does it mean that the Dharma is the medicine? (flip to next page for help)
4. What does it mean that the Sangha is like the nurse? (flip to next page for help)
5. Which of Buddha's four powers is the most important to you? Why? (flip to next page for help)
6. Samsara might not sound like a nice place: But why should we fear Samsara?
7. What's the use of thinking of all sentient beings in Samsara as our mother? How would it help us?
8. You can take refuge in the Three Jewels: The Buddha, the Dharma and the Sangha – but why? What could be an alternative refuge (which would obviously not be the Dharma)?
9. How do you make refuge in the Three Jewels practical in your life? (flip to next page for help)

Question 2: The Buddha is like the doctor, diagnosing our illness and its cause, as well as teaching us the remedy for our illness.

Question 3: The Dharma is the actual remedy, the medicine, that brings us to the state of complete health, complete liberation.

Question 4: The Sangha is like the nurses, who help us to apply the remedy, to practice the Dharma, and to progress along the path to liberation.

Question 5: Buddha's four powers

1. Buddha is free from all fears.
2. Buddha has skillful means to free others from all fears.
3. Buddha has great compassion for all living beings, without exception, whether or not they are close or kind to him.
4. Buddha fulfills the aims of and acts to help all living beings, without exception, whether or not they have helped him.

Question 9: The best manifestation of taking refuge is to be mindful and to observe our karma carefully, abandoning non-virtuous actions of body, speech, and mind and practicing virtue as much as you can.