-week 3-

1.

> But when we awaken, we realize that it was 'only a dream,' a creation of the mind.

In a dream, we are aware of 'me' and the 'other.' We feel anger, fear, compassion, pleasure, pain. ① We think and exercise our reason. ② Whatever is taking place is indeed happening 'out there' in the world around us. ③ The sole difference between a dream and the waking reality is that while the dream experience was based on memories, hopes, and other such factors, the happening in the waking state is based on sensory information drawn from physical surroundings. ④ This gives our waking experience a sense of reality which is lacking in our dreams. ⑤ The fact of the matter is that our waking reality is as much a creation in our mind as our dreams. There is no basic distinction. All experiences are an image of reality created in our mind-whether in the waking state or in the dream state.

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2.

If you've ever felt stress — and who hasn't? — chances are excellent that it's because you felt you just didn't have enough time to do what you wanted to at the level of quality to which you were committed. You could be feeling this frustration, for example, because you're _____: present requests, present challenges, and present events. In this stressed and overloaded state, your effectiveness is rapidly diminished. The solution is simple: Take control of the time frame you're focusing upon. If the present is stressful, then become more resourceful in dealing with your challenges by focusing on the future and the successful completion or resolution of the tasks before you. This new focus will instantly change your state. It will also give you the very resources you need to turn things around in the present.
① abandoning your inherent, unchangeable talents
② stressing the importance of the vanishing values
③ focusing exclusively on the demands of the moment
④ generally limiting your chances by doing energy required works
⑤ commanding individual events which occur in every unwholesome state

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-week 3-

1번	2번
③	③