

**5) Give one of the original sources for the idea of the Echo Effect, and its author. Then paraphrase what it says.**

[One of the original sources for the Echo Effect is The King of Meditation Sutra, spoken by The Buddha 2,500 years ago. It tells the story of a man who goes out into the forest for some relaxation. He enjoys the forest so much that he begins to sing. Then he hears a terrible noise coming from the back of the forest. He leaves in anger, and returns to his house, never realizing that he was hearing his own echo. All our experiences in life are the same, says The Buddha.]

**6) Explain the Echo Effect in a single sentence.**

[Everything that ever happens to us is an echo bouncing back from how we have treated other people.]

**7) Explain how we can use the Echo Effect to our own advantage. Give a real example.**

[Since everything that ever happens to us is an echo from how we have treated others, we can work against the negative things that happen to us in life, by doing the opposite to other people. For example, if someone we know is often speaking unkindly to us, we can stop them from doing this simply by speaking kindly to other people in our life.]

**8) How does the Echo Effect apply to the modern practice of yoga?**

[Yoga itself is completely neutral: it can't help us, or hurt us. If we have taken care of others, then it will "bounce back" as a successful yoga practice. If we have not taken care of others, we will simply give up the practice after a while, or it might even hurt us.]