

## **Identity and Belonging**

### **KQ: How can meditative activities help Buddhists and us to live harmoniously in a community?**

Meditation is very important in Buddhism and Buddhism involves a lot of meditation. The reason why Buddhism involves so much in meditation as it is the only way to clear our mind. If you clear your mind you realize many things such as the reality of life and the importance of doing good actions. Also meditation makes you feel more compassionate and happy. Meditation is very useful to me as it helps me endure stress more easily. Also it helps me become clear minded therefore I am fully concentrated on what I am doing such as a test, without anxiety which enables me to do well. Also it makes me feel very happy, affectionate and compassionate, as a result this determines my behaviour and actions to others. Also it helps me advance on, on my journey to enlightenment by understanding life and its purpose, by removing the distractions of modern life we can achieve this, and enlightenment. Meditation also thrives my confidence in myself, more faith and I have a different perspective to life. It helps me to be more optimistic and positive in life. Happiness is a key in life and meditation helps you realize this. As a result meditation is very useful to me and has changed my life.

The challenges of regular meditation practise are that living in a busy working society it means that it is hard to do regular meditation practise. In a busy working society you don't have time to meditate as most of your time is occupied by your work. For example in the society of England, most people work from 9 to six, more or less, as a result this is a major obstacle and people have no time to meditate. Also too much meditation might prevent harmonious living because you might become obsessed. As a result you mainly just focus on yourself. This is not right as you can't socialise with people and do good actions; and live harmoniously by meditating too much and focusing on yourself. People would not go to work therefore their normal life timetable would get interrupted if they meditate too much. Also a Buddhist's aspiration is to be useful in society therefore meditating too much doesn't benefit others or society but yourself.

Other religious people might believe that meditation is a waste of time such as some Christians. They might believe that if you meditate, the devil might invade your mind when it is weak. As a result other religious people might go against meditation.

Personally meditation in my opinion is a big factor on understanding others and myself, also for living harmoniously in a community. Meditation helps you realize that peace is necessary and that without living in peace, violence manifests and is inevitable. Therefore meditation helps you become more compassionate and increase our happiness. Also one realises how someone feels during meditation, as a result it determines our actions. If one realises how it feels to be bullied then they would act with great compassion to others. As a result by understanding others we can realise that good actions is necessary to make one happy and others. Also we realise that in order to live in a harmonious community, compassion must be given and shown to everyone, even the people that we dislike or find irritating. If one can do this and not expect anything in return then one will find themselves in a harmonious community. In conclusion meditation has a very high value, it helps you realise many things, it changes your life, it makes you a better person as you will learn and realise that in order for you to help solve the world's problems, you must solve all your problems that you face yourself. Also many people have different views on meditation such as some christians think that, "Meditation is a Universal Tradition found in all great religions and is the basis for peace," while other christians may disagree. Hindus may believe that,, "Meditation is very important and useful," while other religious people may not. Your belief is determined by your culture such as if you was born in a very strong buddhist background you will probably think that meditation is very useful because Buddhism consists of a lot of meditation. Whilst a person born in a strong Christian background would think the opposite maybe as Christian is not based on meditation and rarely consists of it. Also your view of meditation could be affected by a few factors as well such as social or historical factors. In conclusion personally meditation is very useful to me as it has changed my life.