

## Extract from Buddhist Meditation Assessment

If I did this meditative exercise regularly, I think I would become a calmer person and I think I will argue less, and not be so stressed. I think Buddhists meditate regularly as they are a more relaxed religion, who try to end suffering like the Buddha taught. Definitely one-way of doing this would be meditation because when you meditate you are relaxed and therefore don't suffer. Buddhists think that you suffer because you are too connected to things and doing this would help you to let go. This what the Buddha teaches in the Four Noble truths about what causes suffering. Meditation would be useful because you think about nothing and this stops you been attached. It would be useful for me, as I would spend less time on playing on video games and playing on the computer, as I would be mediating. This would be good as I think that I am very attached to doing these things.

The meditation that we did in class would also be useful for people who aren't Buddhist too. We learnt that sometimes people use it because some scientists have shown that it could reduce your heart beat and also stress. Sometimes people who have mental problems like depression can use it to help them to stop being ill. This is a really good thing about meditation. I can think though that sometimes meditation could be a bad thing. I can think that maybe some people get really addicted to meditating and use it to escape from their life which they don't like. This would be really bad if they had a family. I don't think that the Buddha would have agreed with this because he told his followers not to get attached to things and also not to do too much or too little of something. He said you should aim for the middle. It might also be better to do something helpful and practical like something from the Noble Eightfold Path. But maybe meditating would help you to that.

In conclusion, meditation is a very useful activity that I think should be practised more often, but not too much, for everyone. This would help build a happier and relaxed community, where we would all get along well. Like if we did this in school then perhaps there would be fewer fights and people losing it with other people.