WORKSHEET 2

PRACTICAL USE OF BUDDHIST MEDITATION IN EVERYDAY LIFE

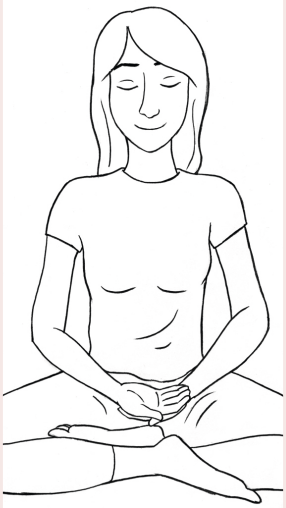
One effect of meditation practice is that the practitioner is no longer so easily carried away by disturbing feelings (e.g. anger, fear, etc.) in difficult life situations.

EXERCISES

1. In which difficult everyday situation could the mentioned effects of Buddhist meditation be of practical use?
2. Does everyday life change when you meditate regularly? Consider possible effects of meditation on everyday life. Also consider the effects on the environment.

Difficult everyday situations

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Meditation effects

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Positive effects on those around you in everyday life