ANSWERS TO WS 2

# PRACTICAL USE OF BUDDHIST MEDITATION IN EVERYDAY LIFEG

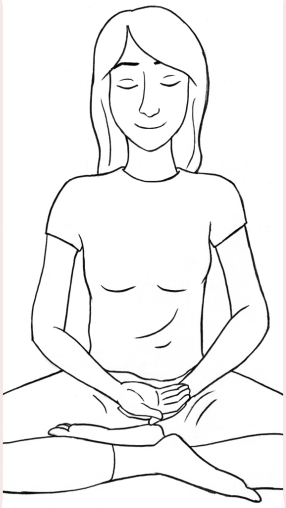
One effect of meditation practice is that the practitioner is no longer so easily carried away by disturbing feelings (e.g. anger, fear, etc.) in difficult life situations.

**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

- studying for a class test ...
- arguing with a boyfriend/girlfriend ...
- listening to others in a conversation ...
- problems in making a decision ...
- dejection, depression, feeling of futility ...



### Meditation effect

- the ability to concentrate is increased and one quiets down
- one creates distance to difficult or disturbing emotional states (like e.g. anger)
- one is more attentive and aware
- one's mind is clearer
- one experiences more joy and compassion

### Positive effects on those around you in everyday life

As long as one is confused or suffering oneself, one can be of little use to others.
The clearer and more mindful one is, the more one sees what is at hand and can help.
The good mood also rubs off on others.