ANSWERS TO WS 2

PRACTICAL USE OF BUDDHIST MEDITATION IN EVERYDAY LIFE

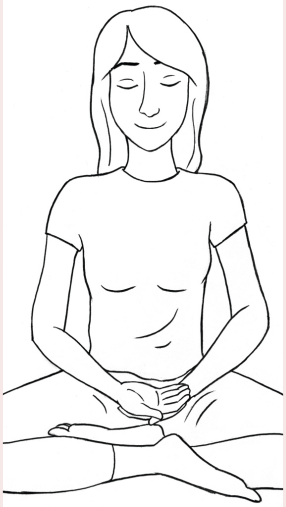
One effect of meditation practice is that the practitioner is no longer so easily carried away by disturbing feelings (e.g. anger, fear, etc.) in difficult life situations.

EXERCISE

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 those around you.

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's effects

- the ability to concentrate is increased and one comes to rest
- one creates distance to difficult or disturbing emotional states (like e.g. anger)
- one is more attentive and conscious
- one is clearer in the mind
- 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.
Your good mood also rubs off on others.