

# Candidate 2 evidence

## Understanding Standards Higher RMPS

### Essay 2 – Buddhism

#### Analyse the relationship between nibbana and meditation. (10)

In Buddhism, there is a strong link between nibbana and meditation. Nibbana is the state of mind Buddhists get after they achieve enlightenment (KU). It is thought that once a person is enlightened they escape the cycle of samsara, which is the cycle of birth, death and rebirth that Buddhists believe is full of suffering (KU). Nibbana means to extinguish, this means to extinguish the three root poisons known as greed, hatred and ignorance which Buddhists believe are what causes people to suffer (KU). This is important for Buddhists as the key for Buddhists to achieve enlightenment is by meditation. The belief that life is full of suffering encourages Buddhists to learn the ways of enlightenment and meditation is the key of doing so.

The eight-fold path is known as the path that leads a person to enlightenment. These are 8 individual steps that are separated into three groups, one of these being meditation (KU). The steps of the eightfold path that are included in the eight-fold path are the right effort, right mindfulness and the right concentration (KU). This shows that in order to be enlightened, you must put all of your energies into meditation, doing your best the correct mindset to be enlightened, and finally focussing your meditations on that mindset and finally extinguishing the 3 root poisons and escaping samsara, achieving nibbana (A). There are two main ways of meditation according to Buddhism. Calming meditation and a focused meditation. Calming meditation is a meditation anyone can do at any time. It's a breathing meditation that calms the mind and is a good way to cope with anxiety (KU). Meditations like this can be important for Buddhists to achieve nibbana as carrying out calming meditations show Buddhists a sense of calm and peace which mirror that achieved by nibbana (A).

KU 6

A 2

8/10