

Candidate 3 evidence

ENTER NUMBER OF QUESTION	Buddhism	DO NOT WRITE IN THIS MARGIN
2	<p>Meditation is a central part of Buddhism. Meditation is a spiritual practice that allows a Buddhist to focus on their mind and their breathing. There are different methods of meditation; these include mindfulness, loving-kindness and visualisation. Mindfulness allows a Buddhist to feel calm and focus on nothing but what is in their mind. There are two main types of meditation: Samatha meditation and Vipissana Vipassana meditation. Samatha meditation focuses on being being calm and working on the breathing. Vipassanna meditation is more centered around insight - being able to see the world around them for what it is. Buddhists believe that when they meditate, there is no false reality because they are able to see the world with wise eyes. This also helps them with</p>	

ENTER
NUMBER
OF
QUESTION

A common meditation position is the Lotus position; this position, ~~done~~ practiced by sitting down with your legs crossed, is calming but ~~strongly~~ firm, and allows the right amount of concentration.

DO NOT
WRITE IN
THIS
MARGIN

Meditation is important to Buddhists because their leader, the Buddha also known as Siddhartha Guatama, practiced it for many years. It is a way of coming into connection with reality and refreshing the mind. When the Buddha was meditating, ~~that is~~ ~~when he~~ under the Bodhi tree while living as an aesthetic, he had his "great renunciation", the realisation that in order to cure suffering he had to find a middle way, a compromise, between having everything and having nothing. Buddha was also meditating when he ~~there~~ reached enlightenment, so these 2 things are reasons as

ENTER NUMBER OF QUESTION		DO NOT WRITE IN THIS MARGIN
	<p>to why Buddhists want to meditate; Buddha did it, and it was very effective for him, so Buddhists want to follow in his footsteps and so that they too can can reach nibanna. By meditating Buddhists can gain good kamma, show their devotion and admiration of the Buddha and his teachings (Dhamma), and be close to and see the world as it is so that avoid any illusions of reality. They will be able to feel closer to the Buddha by following his instructions on how to reach nibanna. A consequence is that Buddhists will feel closer to the Buddha by Meditation is one of the three components of the I agree that meditation is important to Buddhists because if they didn't meditate, then following his instructions on how to reach nibanna. I agree that meditation is important to Buddhists because</p>	

ENTER NUMBER OF QUESTION		DO NOT WRITE IN THIS MARGIN
	without it, Buddhists wouldn't be	
	able to have the right knowledge	
	needed to for enlightenment. I	
	think that meditation is	
	needed in order for Buddhists	
	to recharge their mind and	
	practice spiritual growth. I	
	believe the purpose of meditation	
	is so that Buddhists can maintain	
	a good, healthy mentality which	
	is necessary in order to reach	
	enlightenment. However, I also	
	think the is a downside of	
	meditation is that some lay	
	Buddhists - ordained Buddhists	
	who do not live in the	
	Vihara, the monastery - will	
	struggle to find the time to	
	meditate because it's a time -	
	consuming thing that I presume	
	takes a lot of patience and	
	concentration. I think another	
	problem could be that some	
	people won't have the right	
	concentration - a part of the	

ENTER NUMBER OF QUESTION		DO NOT WRITE IN THIS MARGIN
	<p>Eightfold Path - to be able to focus their mind to meditate. This would be a problem because as a result they would be less likely to reach nibanna if they're not doing everything the Buddha recommended.</p>	
	<p>Meditation is also ^{relevant to Buddhists} important because it is one of the three sections of the eightfold path, a Buddhist guide to life. Under the meditation section there is Right Mindfulness, Right Concentration, and Right Wisdom Effort. Since this is an everyday guide to life for Buddhists, and meditation is one of the 3 sections of this, that therefore makes meditation very relevant and central to the Buddhist way of life. However, for many lay Buddhists they do not spend much time on meditating because instead</p>	

ENTER NUMBER OF QUESTION		DO NOT WRITE IN THIS MARGIN
	they gain good kamma by carrying	
	out skillful actions and performing	
	good moral deeds, such as cooking	
	for those who live in the	
	vihara.	