

Buddha meditation

Religion



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Buddha meditation When a person is meditating, he or she is said to be in a or condition of thoughtless awareness. Therefore, the person is aware and conscious of taking place in his life (Novak 70). Such a person experiences deep peace with an alert mind thereby fulfilling true human potential.

Buddha advocates for meditation since it makes one become mindful of everything around him.

Buddha teaches his disciples the importance of meditation. According to him, it is the only way that a person can escape misery. He asserts, ‘ O monks... steadily thinking of the way’’ (Smith 109). Moreover, meditation makes a person achieve right mindfulness. This ensures the person achieves positive results since it is through meditation that one understands self and becomes what he had thought or wanted to be earlier in life. Thus, Buddha teaches people that the only way to achieve success and dreams is through meditation. Just like Buddha, Spinoza supports meditation by claiming that when individual meditates; he understands self and life thereby ensuring he does not encounter any problem in life (Smith 110). This therefore, means that when a person meditates, he tries to lead a perfect life with little or no problems. Moreover, an individual who practices meditation understands self, and this makes him behave in a trusted manner and in mindful of others.

Consequently, Buddha attributes sin to a person’s own ignorance. Our own ignorance of the true nature leads us to commit sin. He teaches that it is only through meditation that a person can understand self and realize his or her true nature thereby avoiding committing sin. He considers ignorance worse than sin because ignorance causes sin (Smith 110). Meditation ensures that one becomes aware of each action taken thereby contributing to

consciousness. Therefore, it is good for a person to meditate in order to lead a sinful life thereby ensuring no suffering after death in hell. Since nobody wishes to suffer or experience the agony after death, it is good for human beings to meditate. Moreover, since meditation ensures that one leads a moral life through understanding of the true nature, it also contributes to peaceful coexistence on earth. This occurs when a person does not do evil to a fellow human being since he or, she leads a moral life. Thus, it is clear that meditation makes life more meaningful since it contributes to the development and maintenance of kindness, peace, love, understanding, and unity among people of similar and various ethnic backgrounds.

In addition, Buddha asserts that people should maintain their minds and ensure it controls the impulses and senses. For instance, a person should shun fearful and horrible sights through meditation until the memories disappear completely (Novak 71). This will ensure that one develops and practices positive thinking in life thereby eliminating chances of being fearful or pessimistic in life. Therefore, the Buddha advocates for meditation among the monks, deities and other disciples as it improves life by ensuring people lead a fear free life.

In conclusion, meditation is crucial for all human beings. This is because it makes life more meaningful, enjoyable, and fulfilling. Therefore, anybody who wants to achieve and lead a moral life needs to practice meditation. This is because it forms the only way to achieve and live as per the doctrines of Buddha.

Works Cited

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