

SECTION B

Answer ALL questions. Write your answers in the spaces provided.

Read the following passage before answering the questions.

Those of us who do not live according to the Buddhist program of morality and meditation have, therefore, no means of judging this claim. The Buddha was always quite clear that his Dhamma could not be understood by rational thinking alone. It only revealed its true significance when it was apprehended 'directly,' according to yogic methods, and in the right ethical context. The Four Noble Truths do make logical sense, but they do not become compelling until an aspirant has learned to identify with them at a profound level and has integrated them with his own life. Then and only then will he experience the 'exultation,' 'joy' and 'serenity' which, according to the Pāli texts, come to us when we divest ourselves of egotism, liberate ourselves from the prison of self-centeredness, and see the Truths 'as they really are.' Without the meditation and morality prescribed by the Buddha, the Truths remain as abstract as a musical score, which for most of us cannot reveal its true beauty.

(Source: extract from *Lives: Buddha*, Karen Armstrong, Phoenix Press, 2002, Edexcel Anthology)

- 3 (a) Clarify Buddhist ideas about meditation shown in this passage.

You must refer to the passage in your response.

(10)

The Buddha's ideas about meditation express that morality and meditation come side by side and must both be acknowledged and put into practice by his followers. This is because as he suggests his Dhamma could not be understood by rational thinking alone. Simply being a morally aware person is not enough, instead practicing meditation is important to gaining deeper insight and helping us to progress on the path towards enlightenment.

For example the 4 Noble Truths make logical



sense but hold ~~dee~~ a deeper meaning that can only be achieved through meditation. ~~the~~ The passage suggests that meditation takes our understanding to another level that allows the experient to feel the 'exultation', 'joy' and 'serenity' which come when we see the "truths as they really are" so therefore meditation holds value when practicing Buddhism as it encourages us to reach a higher level of understanding that can reveal the 'true beauty' of the Buddha's teachings.



HA059068146