

BetterEdit example sample document only – please visit  
[www.betteredit.com](http://www.betteredit.com) for more examples.

**Take-home examination**

3. Discuss briefly the relationship of the development of mental concentration (samatha or samadhi) to insight (vipassana) in early Buddhist contemplative practices.

You may start : Discuss the problem of.....

The most common mistake that students make on essay exams is failure to write on the topic. The essay section is to assess your ability to make something of these facts and discourse somewhat spontaneously and effectively on a specific problem or aspect of Buddhism.

@ Length: Approximately 500 – 750 words

@ Format: Typed, double-spaced, on one side only of plain white paper. Please provide left and right margins.

## **Samadhi and Vipassana meditation**

As noted by Janakabhivamsa (2004), there are significant differences between the samadhi form of meditation and the vipassana. Samadhi refers to calmness, tranquillity and concentration; when the mind becomes deeply focused on the object of meditation, tranquillity ensues. Emotions such as greed, hatred, conceit and so on are eliminated, since the mind concentrates solely on the meditative object. Through samadhi meditation one achieves “happiness” through absorption or access concentration, but as Janakabhivamsa points out, such a technique does not enable the individual to understand “things as they are”. Instead, the individual is concentrating on one individual object, such as a kasina, and constantly bringing the mind back as it wanders into distractions, to focus on the object again.

Vipassana meditation, on the other hand, has the aim of achieving the cessation of suffering by understanding the true nature of mental and physical phenomena – things as they are. Any form of mental or physical process can be the object of the meditation.

Goenka (2004) describes vipassana as a “way of self-transformation through self-observation” (Goenka, 2004, PG), since it focuses on the deep connections between body and mind through paying disciplined attention to physical and mental phenomena. If one traces the development