

Meditation as a Path to Inner Calm in the Life of Buddhists

ABSTRACT

The purpose of this research is to find out how to prepare, the form of implementation in Theravada Buddhist meditation. This study uses a qualitative descriptive method, namely research that is directed to conditions and facts that occur in a systematic and accurate manner regarding research, and analyzes the truth of these facts based on the data obtained. Data collection techniques in this study used observation techniques, interviews and literature study. The discussion is through analysis of the results of observations and interviews. Buddhism is a teaching which contains a lot of ways of life, especially about morality. Meditation, which is one of the teachings of Buddhism, is a path to the final attainment of releasing suffering, and meditation has many benefits for the lives of Buddhists themselves, because meditation provides inner peace for those who do it. This meditation requires preparation such as carrying out moral discipline and also self-control, so that in carrying out this meditation a person will be able to concentrate. And in the form of practice this meditation is done by sitting, lying down, standing, and walking. Meditation for Theravada Buddhists is something that must be done in order to attain Nibbana. For followers who regularly meditate will make themselves calm, able to face problems with a cool mind, and most importantly, meditation can also make a person calm by cleaning dirty thoughts from within, where dirty thoughts tend to be negative. and being able to place a position on the present life, not stuck in the past and not expecting a future that has not yet happened. Apart from that, meditation is not only a religious activity, but meditation is also a tool for healing various diseases, which many non-Buddhists can use, because they have faith, by using this meditation and by using the chosen object. this way our mind will be focused and the mind will not go wild, then it will make us have peace of mind.

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INTRODUCTION

In general, this religion does not escape the name of a school or sect (Galanter, 1980), just like other religions, Buddhism also has various types of sects, including: Mahayana and Hinayana. In Mahayana it is divided into many sects, while in Hinayana there are Sarvastivada and also Theravada (Hadiwijono, 1997). However, among some of these schools that still maintain the original teachings of Gautama Buddha from India is the Theravada school. In the Theravada school, the main goal of this school is to try to become saints (*arahats*) who will succeed in conquering desires or cravings (*Tanha*) so that they become free from endless rebirth (*samsara*) and in the end they can annihilate themselves into Nibbana which is the ultimate goal of Buddhists because they are able to be free from attachment (Azizah, Muchlizun, Abror, & Hidayatullah, 2022).

Siddhartha Gautama or the Buddha which means "enlightened". The call was received by Siddhartha Gautama after he was able to leave a life full of suffering by living a holy life, imprisoned for seven years under the Bodhi tree or wisdom tree. During that hermitage the Buddha traveled in the forest close to the Ganges river and met famous teachers and studied the Samadhi method and other ways to become a true and true ascetic (Buddhayana, 2021). And after carrying out all the orders of the Buddha's teachers, he was never satisfied with that. Therefore, he tried to get away from all religious ordinances and preferred to find ways and solutions to free himself from this suffering.

One night the Buddha was sitting under an Assatha tree or a Boddhi tree which is on the banks of the Neranjara river in Gaya Buddha. At that time the Buddha was 35 years old and he attained the Supreme Consciousness and attained the Buddha level which means people who get true enlightenment (Widya Dharma, 1980). The Buddha had "enlightenment" while he was meditating under the Boddhi tree. Meditation or Samadhi is not only intended to be a way of inner peace but also as a way of happiness in the present life and the life to come. (Haqq, Busro, & Darmalaksana, 2022; Nani, Nurjanah, & Naan, 2022). Theravada, which is one of the streams in Buddhism, also practices rituals with meditation. Meditation or Samadhi is also carried out in celebrating Vesak Day. There is a special schedule where Buddhists meditate and there is also regular meditation at every monastery. This meditation aims to introspection and reflection. The existence of this meditation is able to reduce the anger of people who have a high pitch because in meditation there are ways and objects so that those who meditate are able to concentrate (Disputhera, 2004).

In Buddhism this meditation has the meaning of inner development (*Bhavana*) or a state of mind focused on one object (Samadhi). The goal of this Buddhist meditation is to gain freedom from our own evil and get rid of lust. If this meditation does not have results in one's life then it can be seen that something is wrong in carrying out the meditation system and it can also be by using this meditation incorrectly. Meditation is practiced by Buddhists, this meditation is an activity that is an important part of Buddhism and part of the eight Paths of Truth. In this study, the researcher took this title because there are many people out there who don't know the meaning and many benefits of meditation. And this research wants to reiterate that this meditation is needed in people who live in this modern era as a sedative, an escape from the injustice that is obtained, as well as

contemplation. This research was carried out so that the wider community knows the many benefits of this meditation that Theravada Buddhists who regularly meditate themselves experience. And this meditation is also not only practiced by Buddhists, but many have used meditation as a cure for diseases such as hypertension, stress, and depression.

Recently, meditation has become popular (Edenfield & Saeed, 2012; Sharma, 2015). With the practice of meditation can prevent various problems or diseases (Khalsa, 2015; Koike & Cardoso, 2014; Manchanda & Madan, 2014). Because with this meditation humans will be able to achieve extraordinary levels of mind control and concentration. Buddha taught to do meditation in order to be able to let go of the desires that arise endlessly. Then the author wants to know how Buddhists respond to meditation according to their understanding, especially Theravada, which until now still uses the teachings of the Buddha, and what impact do Buddhists get after meditating? This is what prompted the author to conduct this research. In the previous research, it only mentioned what meditation is? What are the benefits of doing meditation? And meditation as a cure for various diseases only. This time the researcher focuses more on meditation as a path to inner peace for Theravada Buddhists and also how meditation itself answers the needs of today's society which is filled with the pressures of life.

Wisma Sangha Theravada Indonesia which is one of the well-known monasteries in Jakarta. This is due to the increasing number of Theravada followers, especially in the Jakarta area. Wisma Sangha Theravada Indonesia is one of the places where Buddhism developed in the South Jakarta area. And what's interesting, at this monastery there are many activities ranging from meditation exercises which are held regularly as well as interfaith activities and many religious leaders who come to this monastery, this will help the writer to become a complementary material in research. Based on the description above, the author will raise it in the form of research entitled "Meditation as a path to inner peace in the life of Buddhists (Study at Wisma Sangha Theravada Indonesia).

LITERATURE REVIEW

References and literature related to meditation in Buddhism, in previous research, could be one of the supporting focuses for the preparation of thesis for the authors of the research conducted, including:

Nanang Supyan in a thesis titled "*Meditation in Buddhism (The Study of Meditation in the Concept of Life Bhikku of a Storm Dharma Loka Garut)*" which is published by IAIN Sunan Gunung Djati Bandung in 2002 here it is explained about the forms of meditation in Buddhism, how they are implemented and what the purpose of the meditation is. The author does not only discuss meditation and how meditation works, but the author also discusses the role of monks in the life of Buddhist society and whether there are differences in meditation between monks and ordinary people. What is the life of a monk who is a teacher who has ordained his life only for Buddhists, and explains the role of a monk who becomes a spiritual teacher (Supyan, 2002).

Hevalia Pramudhanti in her thesis entitled "*the effectiveness of transcendental meditation to reduce stress in hypertensive patients*" published by the State

University of Semarang in 2016. It describes the experience of a meditating person whose brain becomes quiet and the individual will feel in a state of real peace. The mind of a person who is concentrating will be focused and make all organs synchronize with each other. This thesis also explains that meditating can relieve stress, with someone doing meditation and then being in a balanced state and being able to produce the hormones melantonim and endorphins and relieve pain (Pramudhanti, 2016).

Desi Agus Setiani in his thesis entitled "*Theravada Buddhist Meditation (Case study at Tanah Putih Monastery, Semarang)*" which was published by the Walisongo State Islamic Institute in Semarang in 2000. It explains that meditation is a means to cultivate the mind and soul so that self-control can be properly trained. And the author also explains the many benefits of meditation for everyday life, in addition to self-control meditation can also be said to be the development of a sense of tolerance between religious communities (Setiani, 2000).

Based on the few descriptions above, they have similarities in discussing this meditation. In the research above, meditation is studied in the concept of monk life and also explains about meditation and its forms, about the different psychological conditions for Buddhists who have done it regularly and about the many benefits it brings. when doing meditation. In this research, the researcher focuses more on meditation which is a way of inner peace for Theravada Buddhists and also meditation that is able to answer the needs of humans who need help with this meditation who live in the current era.

METHOD

This study used a qualitative method (Sugiyono, 2005). The main source in this research is the figure who is the head of the monastery, namely Bhante Dhammasubho and Buddhist adherents who carry out meditation rituals at the monastery. The sources obtained are about meditation suggested by Bhante Dhammasubho including: Ashin Tejaniya with his book which is entitled Meditation "guided awareness to practice" and Ven. Ajahn Chah with his book titled Meditation (Samadhi Bhava). The data in this study were collected through observation and in-depth interviews with informants, especially primary data sources (Sugiyono, 2005).

RESULTS AND DISCUSSION

1. Preparation for Theravada Buddhist Meditation at Wisma Sangha Theravada Indonesia

In doing meditation there are things that need to be prepared in its implementation. as explained in the previous chapter about what meditation is, here the author will repeat again about the meaning of meditation. Meditation is a language. There is which is called Bhavana which means development. Terminologically Bhavana is the cultivation of the mind by cleansing. There are other terms whose meaning is almost the same as Bhavana that is To install Samadhi. Samadhimeans to concentrate the mind on an object. This focus on an object will later eliminate the impurities that exist in the mind when the mind is united with a

good form of karma (Disputhera, 2004). Meditation at the House Sangha This Theravada is one of the activities that is carried out routinely on Sundays at 07.00-09.00 WIB which is called a devotional service, which is led by Bhante Dhammasubho or Theravada Buddhists who usually carry out services there and know the ins and outs of Buddhism. The devotional itself contains events such as reading Paritta, meditation, Dhammadesana specifically led by Bhante, as well as fundsParameter.

Calm meditation trains the mind to a level of concentration called 'jhana' to be able to develop inner strength. With a state of strong concentration and focus this will be practical for someone who lives in this busy era. As we know the mind is part of the mind that is contained in humans, while humans consist of body and mind, so in carrying out meditation it is necessary to prepare the body properly so that it supports the development of the mind towards the final attainment. Body preparation begins with an appropriate and ideal body position during meditation. There are four positions used in meditation, namely: sitting, walking, standing and lying down. According to Bhante Dhammasubho, there are three things that must be prepared in carrying out this meditation, namely: First, The place. Choose a suitable place for meditation, avoid places that are crowded or full of busy work. Such a place, for example, is like a monastery or it could be at home, but it should be done in a special room or a special place of worship, so that no one disturbs you during meditation. Try to meditate in the same place and rarely move too often, except when you are used to meditating, you can be anywhere (Hadiwijono, 1997).

Second, Time. You can choose the time to meditate yourself, because actually every time is good. However, usually people think the best time to meditate is in the morning between 04.00 and 07.00. Or it could be after work around 17.00 to 22.00 (break time). When one has a set time to meditate one should do it at that time and not waste time. When a person has had time for meditation and is used to meditating at that time, meditation will become a part of his life every day, in other words meditation has become a habit of that person's life.

Third, Teacher. The third preparation in carrying out meditation is that there is a teacher, the teacher is here to lead the way of meditation. Usually in the Vihara there are monks who live, and for the Sangha House This Theravada has Bhante Dhammasubho who usually leads the meditation, but when Bhante Dhammasubho is not at the monastery, the one who will lead the meditation can be a Buddhist who understands meditation. Instructions or advice from the teacher are important, when you first meditate in order to achieve success in meditating. But when you have been doing this meditation for a long time, it must be emphasized that the teacher is only a friend and a guide to peace. He can't meditate for other people, he can't liberate himself, and when that person can organize and concentrate his mind, then he will have strong awareness, so that's what the teacher will be. The teacher here is only a companion, and the rest are individuals who go through it themselves, whether or not they can concentrate their own thoughts. Said "Bhante Dhammasubho when interviewed". Especially when someone is meditating at home or in a place where there is no spiritual teacher there, so one must be able to focus in order to achieve inner peace in his own way.

Fourth, meditation equipment. Other meditation accessories include incense, flowers, candles, Buddha statues, and mats to sit on while meditating. Some of these

paraphernalia have meanings, such as fragrant incense and symbolize the wisdom of the Buddha which is known in various corners of the world. The candle symbolizes the enlightenment of the Dhamma explaining the teachings of the Buddha. The flower has a symbolanicca (impermanence). The Buddha statue represents an object that is used to contemplate the noble values of the Buddha. And the cushion for sitting during meditation is called "angsana". It is made of foam so it makes me comfortable when meditating. After that he recited the Paritta before and after meditation. So, the mediators only follow the instructions from the leader of the meditation course. However, for non-Buddhists who meditate at the Wisma Sangha This Theravada is not required to read Paritta, but rather read something he believes in (Hubbi, 2019).

In addition to the four elements above, meditation also has other preparations, which are as follows: First, Running. They (moral discipline). Mediators who want to do meditation must do five They or eight They. one who is unable to carry his body by controlling it through. They then he too will not be able to bind his mind. A mediator who is practicing meditation must do five they namely: staying away from hurting or killing creatures including animals, and staying away from taking things that don't belong to them or in other words stealing, avoiding immoral acts, avoiding alcohol and illegal drugs. While meditating during that time the mediator also avoids eating after 12.30 noon until the following morning (it is permissible to drink), with the aim of avoiding too much eating, avoiding dances and performances, and avoiding perfume or jewelry with the aim of beautifying oneself. So this meditation has to be really simple without any enjoyment or extravagance, so that the mediator is able to concentrate on the chosen object at the time of meditation. Second, Self-control. This self-control becomes the essence of the life of a mediator. While the meditation is going on, it is advised to eat what the monastery has prepared, and sleep at a set time. Do not engage in activities that are not related to meditation during meditation. Third, Other Preparations. At the beginning, the others are divided into several types, namely: There is a prayer that is said before doing meditation. The following is the statement: "hopefully the moral discipline that I live can help me meditate".

If a mediator has said things that are not pleasing about this meditation, it would be better if he said a word of regret. If he ever made fun of or abused someone who had meditated, then he should apologize to that person. However, if he does not have time to meet the person he is making fun of, he should say it to his spiritual guide. The mediator will feel safe and helped, when before carrying out the meditation he declares: "I take refuge in the Buddha". This is done because some beginners have experienced fear when hallucinating during this meditation. And as a result they never want to meditate anymore. The mediator should ask the supervisor or teacher not to hesitate to correct if he is wrong. After receiving instructions and before the meditation begins, it will also be very helpful if the mediator contemplates for a few moments first, that: Nibbana is good and stomach is good. Kindness from Vipassana will attain to the path leading to the ending of suffering, and have faith that I am now on the path traversed by the Buddhas, the Pacceka-Buddha, and para Arhat (Mayangkusuma, 2013; Sugata & Venny, 2021).

Doing contemplation on noble qualities, namely: The Buddha, Dhamma, and Sangha will also help the mediators in meditation. Because this will bring faith in the

teachings of the Buddha and happiness. Do contemplation of the dead by saying "one day, I will die like this corpse." This contemplation will help the mediator to prevent the emergence of the five obstacles to meditation, namely: sensuality, laziness, restlessness, ill will, and doubt. The mediator must provide Metta (love) to all beings by saying, "May all beings find peace of mind." When meditating takes place, the mediator can sit in any posture as long as he is comfortable. There are several things that must be done before doing this meditation. This is done solely to get the result of meditation itself, namely to get inner peace. Meditation has its own preparation and procedures according to the meditation to be carried out. Although in essence this meditation uses the mind to focus on the object it chooses. In preparation for carrying out this meditation for beginners there is a difference, because beginners still really need guidance in carrying out this meditation, it is recommended to carry out meditation accompanied by a spiritual teacher, and for time because these meditators sometimes still have difficulty concentrating so they are required to be in a quiet place, not too many to be able to silence the mind from the noise of life, for beginners it is also recommended not to have a lot of time and gradually, so that this meditation can help gradually calm the mind. In further preparation, actually there is no problem with the place and time, because you are used to doing meditation so this meditation can be done anywhere and you can concentrate well, it can also calm your mind and mind. For spiritual teachers it is usually only done when meditation is done together at the monastery (Pramudhanti, 2016).

2. *Forms of Meditation Practice in Theravada Buddhism in Sangha Theravada Indonesia*

According to Bhante Dhammasubho, for people who are new to meditation, it is advisable to find a place that they feel is suitable for meditating. It is a place that has solitude, quiet, and serenity, and must also be free from disturbances from people. For a beginner, you should meditate in the same place, don't move places. When meditation is often done and progress is made, it can be done anywhere, in any place, whether in an office, in a garden, in a forest, in a cave, or in a crowded place. You can choose the time to do it yourself, usually the best time to meditate is in the morning, which is between 04.00 am to 07.00 am and in the evening between 17.00 pm to 10.00 pm. If the time for meditation has been determined, then that time should be used specifically for meditation. It would be better if meditation is done every day at the same time, and regularly or continuously.

When meditating, one has the freedom to choose a position to meditate on, however, usually a good position is usually used, namely sitting cross-legged, placing the left foot on top of the right foot or vice versa, and the right hand is above the left hand. lap, or may also be in a half-sila position, with both legs folded to the sides. However, if this is not possible, then it is permissible to sit in a chair. The most important thing is that the position of the body and head must be upright, but not tense and stay relaxed. Sit comfortably, and don't lean on anything. The mouth and eyes must be closed so that they can focus more on the intended object. During meditation, try not to move your limbs if you don't need to. However, when the limbs feel uncomfortable, it is permissible to move the body to change the meditation posture but not excessively. Moving the body must also be done slowly and carefully, and with full awareness. However, if there is progress in meditation, then

meditation can be done in various positions, by walking, standing and lying down. The ways of meditation are as follows:

First, Meditate in a sitting position. In a sitting position it is usually done with legs crossed or legs crossed. Ideally, the legs should be folded so that the soles of the feet rest on the thighs. So, the sole of the left foot is above the right thigh, while the sole of the right foot is above the left thigh. But if this is difficult, you can put your left foot or right foot under one of the feet. However, if this position is still difficult to do, it is permissible to use any sitting position, the most important thing is to be comfortable and relaxed without being bothered by a feeling of tingling during meditation. Meditation time is usually around 20 to 30 minutes without moving.

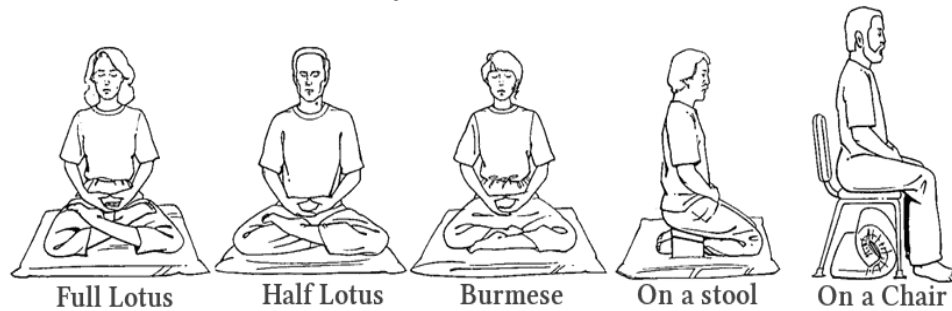


Figure 1. Sitting position for meditation

After being able to make a comfortable position, then place both palms into your lap. The right palm is on top of the left palm. Usually, the two thumbs touch each other. Sit up straight but stay relaxed. Head straight, eyes closed, and breathing normally. Focus your mind on the meditation object that has been chosen (Praptiyono, 2021).

Second, Meditate in a standing position. The second meditation by standing, as the name implies, is concentrating the mind by standing upright. In order to get a comfortable position, usually the position of the legs is wide apart parallel to shoulder distance, and the position of the hands is placed below the navel, the palm of the left hand is against the navel or the body while the palm of the right hand is above the back of the left hand. However, if it's not comfortable the hand can be placed anywhere so that it can be comfortable and relaxed during the allotted meditation time, and concentration is not disturbed. Just like the sitting position, even in the standing position the eyes are also closed and all attention is focused on the meditation object.



Figure 2. Standing position for meditation

Source: google image

Third, Meditate in a walking position. In the third meditation position, namely by walking, the position of the hands remains below the navel, or at the sides of the body, crossed behind the waist. Step one foot at a time slowly but with full concentration. When starting to take a step, all attention must be focused on the meditation object that is usually used, namely the process of walking the foot or when the sole of the foot is stepping and when the sole of the foot is attached to the step. Feel the process of walking as the feet are lifted, placed, and advanced. This meditation is done on a flat place. The meditation distance used is around 15 to 20 steps. Meditators do walking meditation and step their feet slowly from one end to the other, then turn around and do it repeatedly until the allotted time. The higher the concentration, the slower the footsteps will be.

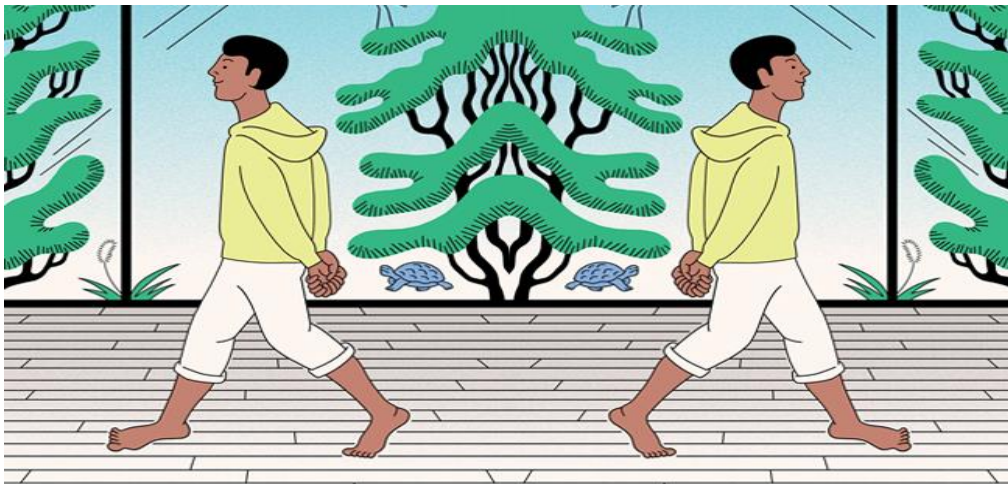


Figure 3. Walking position for meditation

Source: google image

Fourth, Meditate in a lying position. The final position is lying down. This position is different from lying down. When someone is lying down what the body does is lie on their stomach, on their back, or on their side, and their head is on the pillow. Whereas when meditating, the position of the body will be tilted to the right, the right hand supporting the head, the left hand above the body. left hand is above the left side of the body. The right foot is under the left foot. Just like other meditation positions, in the lying position, this meditation must be done by closing your eyes so you can focus on the meditation object that has been chosen.

When you want to meditate, you should read it *paritta* first followed by the mediators. On reading *Paritta* this will help the mediators remember and remember the teachings of the Buddha, so that later it will be easy to concentrate. Next, do this meditation diligently. The mind is focused only on the selected object. At a beginner's level, of course it would be difficult to do this and the mind would run away from the object. This is very common in meditation. However, when you realize that your mind is no longer focused on the intended object, then immediately return to the object and concentrate properly. If this can be passed and carried out properly, then that person will have progress in meditation and will gain inner peace (Sadtyadi, 2020).



Figure 4. Lying position for meditation

Source: google image

This meditation is the essence of Buddhist teachings to get a happy life, therefore you have to learn and practice meditation seriously and regularly. Before doing the meditation practice, it is usually done *worship bhakti* by climbing *Paritta holy* among others *Vandana, Pancasila, Tisarana, Buddhaussati, Sanghanussati, and Karaniya Metta Sutta*, but for people who are non-Buddhist and take part in this meditation practice, they are allowed to read prayers according to their respective religions and beliefs. Reading *Paritta* This needs to be done before meditation for several reasons, namely: As Buddhists, there must be guidelines in Buddhist teachings that "*Samadhi* will quickly grow and develop if it is based on Please, if *Samadhi* or meditation is not based on precepts, it will be difficult to develop." According to Buddhists, requesting these precepts means one has made a vow or vow, and this is believed to be the basis of precept practice.

Everyone has a mind that is not easy to calm down, but there is a way that will make it calm, namely by focusing your mind and attention on *Paritta Suci* then slowly one's mind will be trained to be able to concentrate on one target object easily so that it will calm someone down. *Parita suci* it has sacred magical powers and can provide benefits and protection, for example being able to get rid of anxiety, fear, and keep away from disturbances given by evil spirits, hopefully someone has *Sadhna, Sati, and They*. At the Sangha House In Theravada, the position usually used is sitting, and the object chosen is breathing. As explained in chapter ii, why is breathing used as an object? According to Bhante Dhammasubho, "this breath is the easiest for everyone to follow, including beginners who are new to this meditation." (Sanjaya, 2022).

3. Psychological Conditions of Adherents of Meditation in Theravada Buddhism at Sangha Theravada Indonesia

Meditation has many roles in life, such as taming the mind by knowing that there are good and bad things in each individual's mind, so that every thought should be monitored and regulated carefully and acted with full awareness. Through meditation a person is able to learn how to calm the mind so that they can feel inner

peace. After conducting interviews with several mediators at Wisma Sangha Theravada Indonesia, according to them meditation has influence and benefits in religion by having a positive mind and making a person more diligent in worship, even though the heart will become calm after doing meditation, you feel peaceful and make someone feel close to you. the teachings of the buddha. Doubts that exist within yourself are eroded little by little, although it does not end with the loss of existing inner dirt. When the state of the heart and mind becomes calm, and peaceful, it will make a person enthusiastic in carrying out daily activities, including worship. And this is very different when doing it and not doing it at all. With this meditation practice, a person can learn to behave in a polite manner even though they receive unpleasant treatment from other people (Santoso, Gumiri, Yulianti, & Masliani, 2020).

In Buddhism there is much discussion about the workings of the mind. The path of liberation which is the path for mental development. To form a person's spiritual progress can do meditation. In other words, practicing self-control that comes from meditating can get a calm soul and erode defilements, so that one is able to achieve *Nibbana*, which is the ultimate goal of Buddhists. Meditation has benefits in helping Buddhists achieve enlightenment. This meditation taught by the Buddha will grow *saddha* (faith) for Buddhists. This happens because the teachings of the Buddha are easy to understand in everyday life (Setiani, 2000). Meditation has a big influence on the level of obedience of Buddhists, even though it is not a requirement, but this meditation is also stated in the Buddhist scriptures, namely *Tripitaka* as the path to the attainment of Nirvana. When this meditation is done by Buddhists properly and earnestly, it will have a positive impact on the lives of those who believe in this teaching. The benefits obtained by doing this meditation are not only in worldly life but can also be used in religion related to the spirit of worship for Buddhists. The wisdom obtained in carrying out this meditation for those who are serious, he will feel calm in his life, able to control emotions, and his mind is always calm, and able to provide a very good social sense towards fellow beings to be able to help each other to all beings by does not discriminate.

For those who often meditate at Wisma Sangha Theravada Indonesia, whether together or at home, will feel peaceful and happy than usual. There is a high sense of tolerance among human beings, and a high sense of togetherness (Ellyana Dewi Santika, Personal Communication, 10 March 2020). Meditation is not only spiritual development, there are many benefits to be gained when doing meditation regularly. Because it will maintain balance in everyday life, and if tolerance can be maintained properly, then it will not be easily influenced by external things, because the self is able to understand and see everything from the right perspective. When a person is able to develop his mind by cultivating positive traits, is disciplined with life, and is able to maintain the dignity of other humans, then that person will experience true freedom. Happiness in this life occurs when a person is able to develop detachment, maintain peace and have a sense of contentment in this life. Sangha House Theravada has many social activities, including being a place for discussion of religions, because Bhante Dhammasubho is very active with interfaith events. Many other religious figures came to pay a visit to Bhante Dhammasubho, and many students also came to visit WismaSangha Theravada Indonesia is to

conduct research on Buddhism (Bhante Dhammasubho, Personal Communication, 08 March 2020).

This meditation is also very beneficial for one's spiritual development, and the forms of practice taught by the Buddha are widely found in meditation, because meditation controls the mind and mind well, leading to the highest attainment. Meditation also provides a different state of mind, a state in which one will become wise. An inner state that has been conditioned by doing meditation regularly will make a person better. The loss of negative feelings that often arise in the mind suddenly or jealousy that really disturbs the peace of life. Anger, anxiety, and other similar things can be eroded and controlled properly when meditating. A mind that has been trained strongly, will have a high sense of sensitivity to an event, its inner eye will be sharper. For someone who often practices meditation, they will not know the word despair and will be stronger in facing any problems in their life, and will be able to increase their sense of happiness and peace in life. The calm that is obtained is the interesting thing about meditation. Followers who have done this meditation are more focused on what is expected, and of course with additions *saddha* (belief). Whereas meditation for non-Buddhists has the effect of getting peace in his life and of course will add faith to the religion he has embraced, because for non-Buddhists before doing meditation they are welcome to pray according to their respective beliefs (Supyan, 2002).

During the observation at Wisma Sangha Theravada Indonesia, the author also participates in doing meditation exercises. At first, beginners have difficulty concentrating and feel tingling in their feet so they can't calm down. This also happens to many beginners who do meditation (Bhante Dhammasubho, Personal Communication, 08 March 2020). By doing meditation, a person will be faced with conditions to live in the present and make the past a lesson, and the future as something that has not happened in the sense that don't expect anything for the future but do good things so you can become a good person. The present is important and must be faced. Doing awareness in present life will eliminate an attachment to something. Someone will realize that death can approach him at any time, so he tries to do the best he can. In this meditation, many non-Buddhist people meditate to get healing, because meditation itself is to focus the mind so it doesn't go wild. This meditation is very suitable for someone who has excessive levels of anxiety, hypertension, stress, and even depression. Meditation teaches people not to think about things that haven't happened yet and not to think about negative things, even with meditation one can feel calm. In the statement above, meditation makes people aware of what has happened, let it be and the time that has yet to come may not necessarily happen, so we have to live in the moment because that is reality, and when meditating a person will find peace in dealing with his problems because he does not use emotion in Act. This calm is obtained when we don't think about things that haven't happened yet, and makes us afraid of things we have done in the past. With this meditation, we can learn by using control of wild thoughts we are able to get inner peace.

4. Meditation Responds To Human Needs That Need Meditation Assistance In Today's Era

The Buddha taught this method of meditation to release the mind from endless desires. For ordinary people to see that the meditation practiced by many people in modern times is different from the original (ancient) meditation teachings, it is well known that the Theravada school still uses the original teachings of the Buddha without experiencing development like Mahayana, although in essence they are still the same. Humans in this era of globalization, who should be increasingly technologically sophisticated and advanced, are able to find happiness. However, on the contrary, his mind is trapped in illusions, pseudo happiness and only the confusion of thoughts that he gets. This meditation is very closely related to learning concentration, awareness to be fully present in the moment, this second and be aware of every breath in and out (Widya Dharma, 1980). Meditation is also inseparable from religious elements. By revealing spiritual values in this meditation, this research is expected to be able to overcome the spiritual crisis that occurs in modern human life by responding to human needs in this era (Vlorentina, 2014).

In this modern era, those who carry out their role as human beings require a pattern of calm and appropriate response to various circumstances/conditions or events, whether related to family, co-workers, society and other roles. During intercourse, people are not always able to respond the way we want, and in meditation, it is able to act as a pacifier for humans when things are not on their side, they must be able to control their minds and hearts so that they can calm down and find solutions without using emotions. The values contained in this meditation do not only teach certain ideologies and religions, but rather universal values of spirituality, which essentially believe in and feel the presence of the Creator within, so as to be able to fill the deepest recesses of the heart (Wihardiyani & Dewi, 2019). Therefore, in life we will spread the values of God's holiness, so that the spiritual needs of modern humans amidst the hustle and bustle of modern life will be filled and will be able to feel inner peace.

CONCLUSION

Based on the observations that have been made by the author qualitatively. Finally, the writer can draw conclusions from the results of research activities regarding Meditation as a Path to the Path of Inner Calm in Buddhists at (Wisma Sangha Theravada Indonesia), which are as follows: *First*, meditation, which is a Buddhist teaching as a path to the ultimate achievement, namely letting go of suffering, has many benefits for the lives of Buddhists themselves, because meditation provides inner peace for those who do it. Whether it's peace, tranquility, and happiness. With a state of mind that can always think positively will make someone far from anxiety. *Second*, meditation activities are carried out regularly at Wisma Sangha Theravada Indonesia is held on Sundays at 07.00-09.00 WIB, and this activity is not only for Buddhists but there are researchers such as writers and several non-Buddhists who come to the monastery.

Third, Meditation is not only a religious activity but meditation is also a tool that can cure various diseases, and this meditation is widely used by non-Buddhists who believe that by using a meditation object one's mind will be focused so that later

it will get rid of the dirty thoughts that are in the mind. *Fourth*, for meditators who do it regularly, they will be able to control their thoughts, not get angry easily and be able to calm down. Also it can reach at the final release ie *Nibbana*. *Fifth*, Meditation is very necessary for modern society as a means of calming the complications of life, because this meditation is not just an element of one religion, but anyone can do it.

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