

How Buddhist meditation helped change a student's life.



Meditation for **STRESS** Medication

By Jorge Ramos
Photos By Veronica Valenzuela

Not enough sleep, your eyes can barely open on their own, you return to your senses and realize you are pressed for time to get dressed and on your way to school. A late arrival can't possibly help you with starting your day.

Many college students live a life where the lack of a routine can prove to be costly, especially when the teacher sums up the tardies. This lifestyle will exhaust a student's mind, making it difficult to carry on effectively. Bad habits may form for the sake of managing things in the fastest way.

Jason Takaki, a 22-year-old Long Beach City College music major, changed his routine from sleeping whenever he got tired, to getting a regular eight-hours sleep. This came after he began practicing daily Buddhist rituals to better prepare for his day.

"I changed my mentality, I rest well because I know it helps in my studies. Everyday is a fresh start and that makes me determined," Jason said. Jason has discovered he can feel con-

fident in his actions and as a result, enjoys a responsible life. To put his life into perspective, he employs methods that seem more like common sense morality. Students of LBCC's SGI Buddhism Club exercise these fundamental practices of Buddhism.

The same Buddhist concepts can be applied to a college student's daily life to help evaluate their education and also learn to cultivate a healthy lifestyle. However, the true teachings involve more than just intellect and faith.

"I structure my day better, I know what task I must complete ahead of time, and through preparation I know how to obtain my goals," Jason said. Many things that Buddhism embraces are concepts similar to the ones any college student can adopt through a course in college; views like world peace, equality and ending starvation prove how contemporary an active Buddhist follower's life can be.

To share in this cosmic understanding, you simply have to wonder and interpret answers. "You don't have to claim to be Buddhist