

11. "Not from weeping nor from grieving will anyone obtain peace of mind". If you had to use the message of the given quote from the Buddha's sermon 'The Sermon at Benares' to help the boy cope with the loss of his ball and what it signifies 'The Ball Poem', what would you include in your advice?

CBSE SQP 2023

Ans. The Buddha's words teach us to cope with the loss of irreplaceable things. They tell us that the loss of irreparable things brings griefs and sorrow but as wise people we must learn to stay calm and accept the loss while understanding that we might lose things we love, even people we once loved. The existence of some things in our lives is ephemeral. This acceptance helps us in living normally and forgetting about loss.

These words can help the boy in 'The Ball Poem' cope with the loss of the ball by making him understand that loss is a constant and important part of life. Only by learning to accept and adapt to it can we live a normal life. This notion might be too difficult for the boy to understand because he is too young. He is all alone in his loss. There is no one beside him to explain everything about the loss. So, he must learn from his experience painstakingly. For the same he may require time to cope since he can easily feel disheartened at such a young age.

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Stanza 1

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