**Open book test. Write answers on this sheet. All 1 mark unless stated.**

1. Give two aims of meditation. (2 marks)
2. What type of meditation is *samatha*?
3. Give an example of a *kasina* that someone will concentrate on.
4. What is the word for ‘insight meditation’?
5. What is the difference between this and *samatha* meditation?
6. What is *zazen* meditation?
7. Give two examples of what people think of in ‘visualisation’. (2 marks)

**Total 9 marks – Reward: 4/9.**

**Bonus question:** What is the name of the paradise place in Pure Land Buddhism? (not the answer, ‘Pure Land’)

**Bigger reward: 6/9 plus the bonus question.**

**Postcard: full marks.**

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