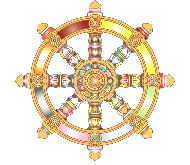
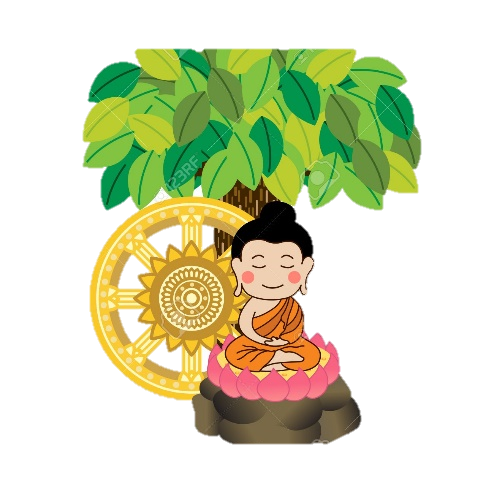
**Buddhist Meditation**

*Four types of Buddhist meditation;*

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjW78HqwtThAhVixoUKHRHCD8UQjRx6BAgBEAU&url=https%3A%2F%2Fwww.kisspng.com%2Fpng-dharmachakra-buddhism-buddhist-symbolism-clip-art-785789%2F&psig=AOvVaw2CxvAWfxobW7K9SFQY6tol&ust=1555500949526255)[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjPoKrvudThAhVFzhoKHf7ZBpMQjRx6BAgBEAU&url=https%3A%2F%2Fwww.123rf.com%2Fphoto_66830209_stock-vector-lord-buddha-meditating-under-the-tree-with-dhamma-wheel-illustration-asalha-puja-day-.html&psig=AOvVaw32xDE_oC7P48F_QgA2BeMl&ust=1555498414758535)

*Why do Buddhists meditate?*

1. It \_\_\_\_\_\_\_\_\_ the mind and \_\_\_\_\_\_\_\_ and helps the development of \_\_\_\_\_\_\_\_\_\_\_ into the nature of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. A range of meditation techniques help Buddhists develop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (calmness) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (insight).

3. Meditation often starts with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_ and breath.

4. Buddhists may use things as a focus for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as certain \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ traits or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, breathing an \_\_\_\_\_\_\_\_\_\_\_\_\_ or a statue of \_\_\_\_\_\_\_\_\_\_\_\_\_ (Buddharupa).

*Samatha meditation.*

1. The breath is used as a focus for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and how the \_\_\_\_\_\_\_\_\_\_ responds to each \_\_\_\_\_\_\_\_\_\_\_\_ with the aim of becoming \_\_\_\_\_\_\_\_\_\_\_\_\_ of the details of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and all the \_\_\_\_\_\_\_\_\_\_ movements it creates in the \_\_\_\_\_\_\_\_\_\_.

2. If the mind \_\_\_\_\_\_\_\_\_\_\_\_\_\_ as they meditate, they bring their attention back to their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. Gradually they become more able to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and focus on their \_\_\_\_\_\_\_\_\_\_\_\_ leading them to feel more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Sometimes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are used instead of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to focus. There are \_\_\_\_\_\_ kasinas including elements such as \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ and colours such as \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_. For example, the meditator could focus on a \_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_ or a \_\_\_\_\_\_\_ circle.

5. Aims of samatha meditation include; creating a \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ mind; developing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_; as preparation for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meditation; to feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*Vipassana meditation.*

Often called ‘\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’ the aim is to \_\_\_\_\_\_\_\_\_ insight into the true \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_, usually reflecting on the \_\_\_\_\_\_\_\_\_\_\_ marks of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Other aims of vipassana \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ include developing \_\_\_\_\_\_\_\_\_\_\_\_\_ and awareness of the \_\_\_\_\_\_\_\_\_\_\_\_ and to ultimately achieve \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Buddhist Meditation**

Similarities & differences between samatha and vipassana meditation.

|  |  |
| --- | --- |
| Samatha Meditation  Both use the same \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and focus on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ things in a \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ manner. | Vipassana |
|  |  |
| The meditator focuses on one \_\_\_\_\_\_\_\_\_ object or \_\_\_\_\_\_\_\_\_\_ e.g. a \_\_\_\_\_\_\_\_\_ triangle or a \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_. | The meditator may \_\_\_\_\_\_\_\_\_\_\_\_ their focus between \_\_\_\_\_\_\_\_\_\_\_\_\_\_ objects, \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e.g. a feeling of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or the sound of \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| [Image result for lotus flower border](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjJq5ud4NThAhUixoUKHfkwB0IQjRx6BAgBEAU&url=https%3A%2F%2Fwww.dreamstime.com%2Fstock-photography-lotus-flowers-pink-green-flower-abstract-vector-image33650142&psig=AOvVaw2c1qJwV34Xu1uqDg2-FMIi&ust=1555508850357000)The aim of focusing on the object is to develop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ e.g. the meditator focuses on their \_\_\_\_\_\_\_\_\_\_\_\_ to become \_\_\_\_\_\_\_\_\_\_\_\_\_ and more \_\_\_\_\_\_\_\_\_\_\_ | [Image result for buddhist symbol](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjW78HqwtThAhVixoUKHRHCD8UQjRx6BAgBEAU&url=https%3A%2F%2Fwww.kisspng.com%2Fpng-dharmachakra-buddhism-buddhist-symbolism-clip-art-785789%2F&psig=AOvVaw2CxvAWfxobW7K9SFQY6tol&ust=1555500949526255)The aim of focusing on the object is to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ its \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ and the three \_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e.g. the meditator thinks about how their \_\_\_\_\_\_\_\_\_\_\_\_ shows the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_\_\_\_\_ marks of \_\_\_\_\_\_\_\_\_\_\_\_\_\_. |

*Walking meditation.*

Buddhists sometimes meditate while \_\_\_\_\_\_\_\_\_\_\_\_\_. This consists of walking \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ the movement of the \_\_\_\_\_\_\_\_\_ with the in and \_\_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*Zazen meditation.*

Zazen means \_\_\_\_\_\_\_\_\_\_\_\_ meditation. It is practiced in \_\_\_\_\_\_\_ Buddhism, which is popular in \_\_\_\_\_\_\_\_\_\_\_.

It begins with \_\_\_\_\_\_\_\_\_\_\_\_\_ relaxing and a period of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The meditator sits with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Thoughts come and go but the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ always returns to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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