**Buddhist Meditation**

*Four types of Buddhist meditation;*



*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.

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| Samatha MeditationBoth 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 borderThe 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 symbolThe 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

