*What is visualisation?*

1. The meditator \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (imagines) an \_\_\_\_\_\_\_\_\_\_\_\_\_in their mind.

2. They may first use an \_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and then visualise it.

3. They then try to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ the object in \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_, examining all the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of it.

4. The object is a focus of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the meditator will hold a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the object in their \_\_\_\_\_\_\_\_\_\_\_ for as long as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**The visualisation of Buddhas and Bodhisattvas**



*Deity visualisation.*

Tibetan Buddhists often visualise a \_\_\_\_\_\_\_\_\_\_\_\_, an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ being such as \_\_\_\_\_\_\_\_\_\_\_\_\_ or a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (not gods). The meditator focuses on its \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ qualities. They may \_\_\_\_\_\_\_\_\_\_\_\_\_ themselves as that \_\_\_\_\_\_\_\_\_\_ in order to \_\_\_\_\_\_\_\_\_\_\_\_\_ its \_\_\_\_\_\_\_\_\_\_\_\_\_ qualities. Visualising themselves as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ may help Buddhists to awaken their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-nature.

Examples of Buddhas or Bodhisattvas meditators might visualise.

Medicine Buddha



Buddha Amitabha

Avalokitesharva

Visualisation of the Buddha of \_\_\_\_\_\_\_\_\_\_\_ may reduce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and promote \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.



Visualisation of the Bodhisattva of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ helps Buddhists develop a sense of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.



Pure \_\_\_\_\_\_\_\_\_ Buddhists believe that visualisation of Buddha \_\_\_\_\_\_\_\_\_\_\_\_\_ will help them to be \_\_\_\_\_\_\_\_\_\_\_\_\_ in the \_\_\_\_\_\_\_\_\_ land.

*Visualisation using Thangkas and Mandalas.*

Thangkas are paintings of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Mandalas are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ colourful patterns made of sand. They represent Buddhist \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ such as compassion or a \_\_\_\_\_\_\_\_\_\_\_\_. They can take \_\_\_\_\_\_\_\_\_\_\_\_ to create and once finished they are \_\_\_\_\_\_\_\_\_\_\_\_\_\_ away. They symbolise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (anicca).

