ANSWERS TO WS 1

BUDDHIST MEDITATION

EXERCISES

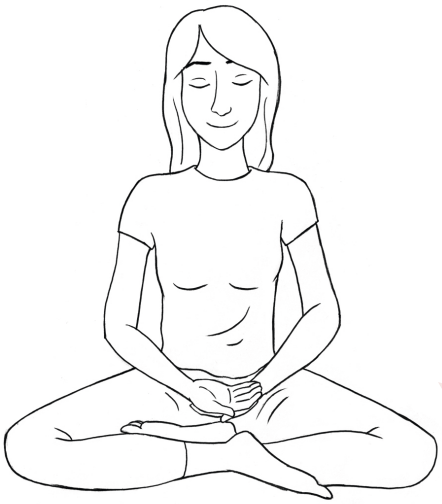
1. Read the text in **Material 2** and write down key points in the text bubbles.
2. Discuss ideas with your neighbor and add more bullet points.
3. Compare your results with a neighboring group.
4. Agree in the group which key points you will write down for your presentation.
5. Present your results in the plenary.

What is Buddhist meditation?

Meditation is the practice of bringing the mind into a balanced state so that one can effortlessly dwell in what is.
Meditation is the practice of letting the mind rest in the here and now.

What are the positive effects of meditation?

- the ability to concentrate is increased and one's mind quiets down
- one creates distance to difficult or disturbing emotional states (like e.g. anger)
- one is more attentive and aware
- one is clearer in the mind
- one experiences more joy and compassion



What is the sitting posture?

Full or half lotus sitting (right leg on or in front of the left leg) or also sitting on a chair.

The most important thing is that the back is straight, but not stiff. The hands lie one inside the other.

What types of Buddhist meditation are there? What are their goals? How are the two meditations related?

TYPES OF MEDITATION	GOALS OF MEDITATION
1. Meditation of calm abiding: One concentrates the mind on one spot: on an object (such as a candle) or on the breath or on a Buddha form that one visualizes.	Liberation from everything that disturbs you: fears, disturbing emotional outbursts and confusion disappear.
2. Insight meditation: One sees how thoughts and feelings arise in the openness of the mind, how they play there and also dissolve again, just like waves in the sea.	Full Enlightenment: The mind recognizes itself and all the skills of the mind are fully developed. One experiences fearlessness, boundless joy that is not dependent on anything, and compassion in every situation.