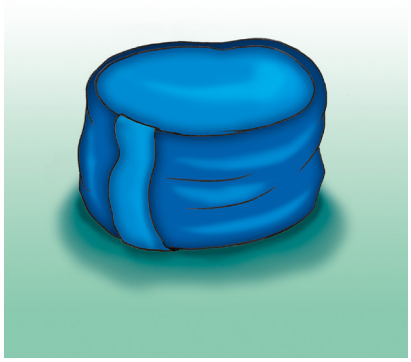
MATERIAL 1

QUESTIONS ABOUT MEDITATION



1. What do you think meditation is?
2. Why do some people meditate?
3. Have you ever meditated?
4. Do you know someone who meditates?
5. Are there different meditations and different goals?

ACCESSORIES FOR BUDDHIST MEDITATION



The cushion
A seat cushion of the right size helps to find a comfortable sitting position, especially when sitting in the half or full lotus position.
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Meditation beads (Mala)
For the meditation beads many Buddhists use the Sanskrit word "mala". It comes in a long and a short version, usually consisting of 108 and 27 beads, respectively. In many Diamond Way meditations, a meditation chain is used to count mantras. It also helps to make the meditation a holistic experience: The mind visualizes a Buddha aspect, the speech repeats a mantra, and the body moves the beads of the mala.



Buddha aspect
A picture or statue of an enlightened being can be used as a tool for meditation.