ANSWERS TO WS 1 A+B+C

BUDDHIST MEDITATION

What is generally understood by meditation?

- bring the mind into a balanced state
- effortlessly rest in the way things are
- let the mind rest in the here and now

What is calm abiding meditation ?

One learns here to observe the mind attentively and to keep it focused.

The aim is to free oneself from everything that disturbs one (e.g. fears, disturbing emotional outbursts, confusion).

What is insight meditation?

The mind shows more and more its timeless nature. The goal is enlightenment: the mind recognizes itself and all the abilities of the mind come to light. One experiences boundless joy in every situation, which is not dependent on anything.



What is the sitting posture?

Full or half lotus position (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 are the effects of meditation?

- the ability to concentrate is increased and one comes to rest
- one gets distance to difficult or disturbing emotional states (like e.g. anger)
- one is more attentive and aware
- one is clearer in the mind

Welche Arten von buddhistischer Meditation gibt es? Welche Ziele haben sie?

	MEDITATION IN THERAVADA (WAY OF THE OLD ONES)	MEDITATION IN MAHAYANA (GREAT WAY)	MEDITATION IN VAJRAYANA (DIAMOND WAY)
CHARACTERISTICS	- Calm abiding Meditation One focuses the mind on one spot: on an object (such as a candle), on the breath, or on a Buddha statue form that one visualizes.	- Calm abiding and Insight Meditation - One additionally develops the wish that all beings may be happy and free from suffering. - Meditation of sending and receiving (tonglen)	- Calm abiding and Insight Meditation - Principle path of identification - Meditation on a Buddha form (as a light and energy form) and use of its mantra - At the end of the meditation, one becomes completely one with the Buddha form.
GOALS	- Freeing oneself from everything that disturbs one, even in everyday life (calm abiding). - Practicing mindfulness so that one notices what feelings, thoughts, habit patterns are present in the mind. - "Liberation"	On the one hand, one develops love and compassion, and on the other hand, one deepens the experience that suffering is ultimately not real (wisdom). Through this, one attains deep insight, which leads to enlightenment.	- One identifies with a Buddha form or with a realized Buddhist teacher until one becomes a Buddha oneself. - One realizes all the inherent qualities of the mind, such as steadfastness, lasting inner joy, and love for all living beings. - „enlightenment“