

Starter:

Think – Pair – Share

Imagine a place of pure peace

What would it be like?

Draw it and **explain** it.



LO: To explore the importance of meditation in Buddhism.

To reflect on my own experience of meditation and what benefits there might be to people in the UK.



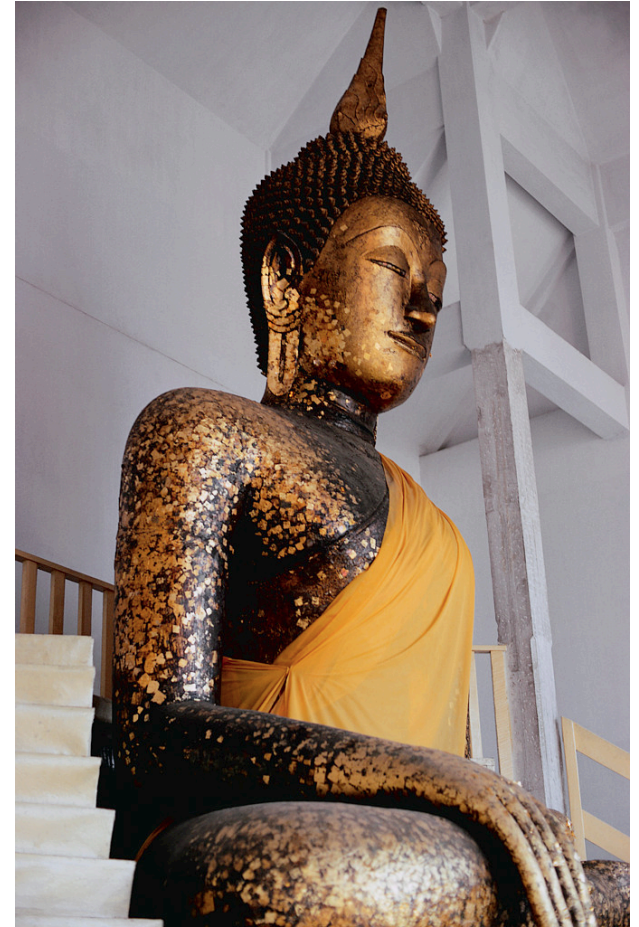
Enlightenment & Meditation

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Enlightenment

- Enlightenment is to have an understanding of the nature of reality.
- You understand what is real, and what is truth.
- The Buddha became aware of three things when meditating that helped him reach Enlightenment.



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Why Meditate?

Step 1: mindfulness of breathing

The first step in Buddhist meditation is to calm the mind. This can be done by focusing on the breathing.

Step 2: insight meditation

Then you can begin to develop insight into things as they really are because your mind is more alert.

Step 3: loving kindness

You can also develop compassion and love towards all living beings.



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Reflection:

1 Meditation NAME
FORM

How many things have you heard today?

Since I woke up this morning I have heard: (write a list of at least 20 different sounds)

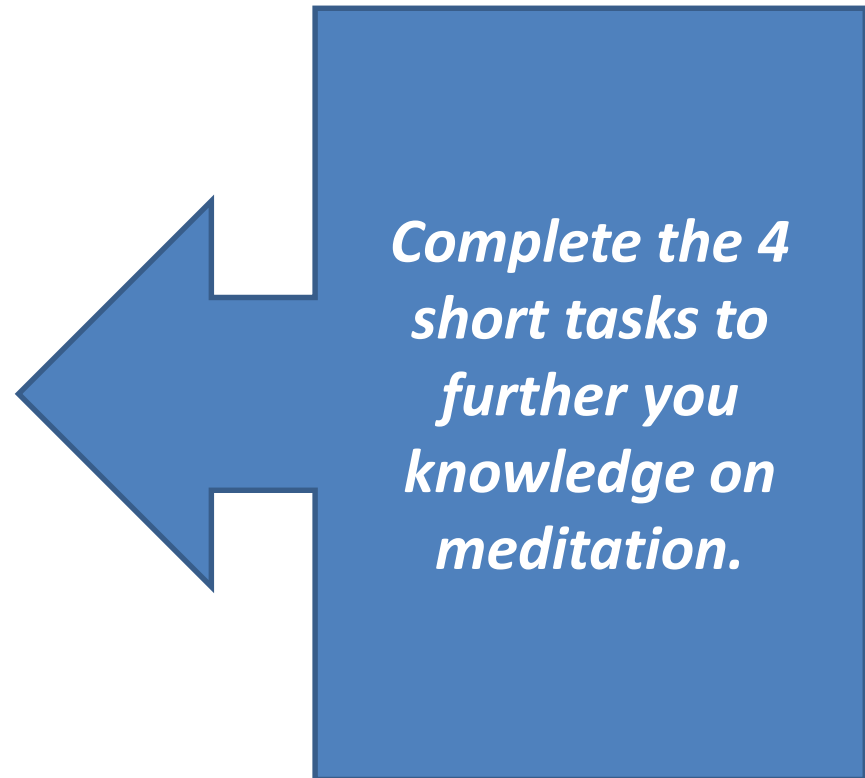
2 Using the words from the scroll fill in the gaps in the paragraph:

meditating
enlightenment
years
meditation
Buddha
focus
49

The _____ meditated for ___ days and nights. Buddhists believe that by _____ they will gain awareness and _____. Learning to meditate well takes _____ of practice. Two things Buddhists do to help them _____ meditating are chanting a simple sacred verse called a _____ and concentrating on their _____.

3

What could two positive effects be of meditating regularly?
What could be two negative effects?



Complete the 4 short tasks to further you knowledge on meditation.

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Draw what you saw when you were meditating?

Meditation

How did the meditation make you feel?



Why do you think meditation has become popular for non-Buddhists around the world?

Why do Buddhist's meditate?

Would you try meditation again? Explain your answer.

Why do you think posture and body position is important in meditation?

What did you think about during the meditation?

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Meditation

Meditation is a time for thinking and r..... The Buddha became enlightened during deep meditation under the By meditating Buddhists believe that they will become better people and reach e..... It calms the and theIt is a central practice in B.....

Quiet

Mind

Enlightenment

Bodhi Tree

Reflection

Body

Buddhism



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Homework:

- Made from colourful cloth squares in Blue, White, Red, Green and Yellow. Woodblocks are used to decorate the prayer flags with images, mantras, and prayers.
- It is believed the energy of the prayers and sacred mantras on the flags are blown in the wind and will bring Joy, Happiness and good health to all who see them as well as their families, loved ones, neighbours, and all people throughout the world.



Create your own Buddhist prayer flag.

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