Ethics Rapid Recall: Meditation

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| What is meditationLink to 3 fires/poisons | Contrast to Hindu Yoga | Bhavana:Dhyana:Chan:Jhana:Metta Bhavana: | Meditation and the EightFold PathImportance in enlightenment |
| Links to the Life of the Buddha |  SamathaMindfulness of breathing | Samatha:Concentration (*samādhi*)Five Hindrances (Tanah):  | Samatha ChantingPure LandTibetan  |
| Samatha Walking Meditation | Vipassana | Focus on 4NT, Annica, Anatta | Jhanas – Meditative absorption |
| Palibodha – Impediments to meditation | Kalyana Mitta – a guide or teacher that gives a focus for meditation based on personality type. | Examples of focus for Vipassana Meditation | Is Meditation useful or too self-focussed? |