Ethics Rapid Recall: Meditation

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| What is meditation  Link to 3 fires/poisons | Contrast to Hindu Yoga | | Bhavana:  Dhyana:  Chan:  Jhana:  Metta Bhavana: | | Meditation and the EightFold Path  Importance in enlightenment | |
| Links to the Life of the Buddha | Samatha  Mindfulness of breathing | | Samatha:  Concentration (*samādhi*)  Five Hindrances (Tanah): | | Samatha Chanting  Pure Land  Tibetan | |
| 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? | |