

# Buddhist and Hindu Meditation

## What is meditation?

Meditation is both a physical and mental way in which a person separates themselves from thoughts and feelings. Successful meditation means 'simply being'. It plays a part in most religions although some people don't refer to it as 'meditation' as it doesn't always have a religious element.

## Buddhist meditation

In Buddhism, the person meditating is not communicating with God instead it is a way of controlling the mind so that it becomes calm and focused. Some people meditate on their own or in groups as a way or reminding oneself that they are part of a larger Buddhist community. Buddhist meditation is vital on the path to spiritual awakening and aims to help a Buddhist understand the true nature of our lives and experience.

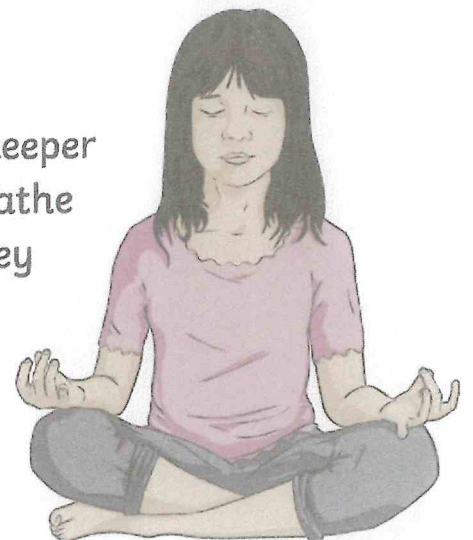
During meditation, meditators visualise complex images of Buddha forms and recite sacred sounds or mantras.

The most common method of meditation is to focus on breathing. The Tibetans practice a belief of breathing in the suffering of others and breathing out a purifying white light.

The classic meditation position is 'the lotus position'. This involves sitting cross-legged with the right foot on top of the left thigh and the left foot on top of the right thigh. If this is not physically possible, you can meditate in any stable position that keeps your spine straight.

## Hindu meditation

When many Hindus meditate, they enter into a deeper part of their being. Hindus take a moment to breathe slowly and evenly and with each out breath, they imagine breathing out the stress and worries. With every in breath, they believe they are taking in pure energy and positivity. Meditation is supposed to be an energising experience.



### The happiest man in the world

Meditation and happiness are linked as proven by Matthieu Ricard who is officially the "happiest person in the world". Scientists in the USA have stated that the French translator of the Dalai Lama is the happiest man they have ever tested.

Matthieu gave up a privileged life in Paris and a successful career as a genetic scientist to go and train as a Buddhist monk in India.

He claims that he has achieved inner peace and strength through meditation which has helped him to achieve this title.

# The Build-Up to Easter - Christianity

Draw a picture to show what happened in each event on the lead up to Easter. Then, cut out the statements below and arrange them in the order that they happened. Be careful, the events are not in order!

<p><b>Maundy Thursday</b> Christians remember this as the day of the Last Supper when Jesus washed the feet of his disciples. It was on this night that Judas betrayed Jesus.</p>	
<p><b>Shrove Tuesday</b> Eating pancakes today is a way of using up food before fasting starts during Lent.</p>	
<p><b>Good Friday</b> This day commemorates the crucifixion of Jesus.</p>	
<p><b>Easter Sunday</b> A most joyous day which marks the resurrection of Jesus Christ.</p>	
<p><b>Ash Wednesday</b> This day marks the beginning of Lent.</p>	