

different sorts:
mandalas, pictures, dharma
mainly on karuna, metta

samatha - stilling.
escaping distraction
useful in our world

vipasanna - insight
focussing on gaining the
'reality' of the teachings

jhanas*

i joy at 'seclusion from sense desires'

ii thought fades giving inner tranquility

iii happiness from absolute mindfulness

iv mindfulness beyond pleasure/pain

v leave behind bodily sensations

vi rising above consciousness itself

vii now to nothingness

viii sphere of neither perception nor non-perception

the means...

MEDITATION



med&nirvana

helps control mind & desires
the Buddha is enlightened whilst med...

- so prob necessary to attain nibbana

important part of the eightfold path - mindfulness

important part of Buddhist worship

seen as central for laity and ordained

clarity would lead to greater skilfulness of action

and so more likely....

7 main benefits:

[main as in the entire canon well over 125 are alluded to...]

getting rid of defilements

putting aside worry and sorrow

getting over miseries

ending physical suffering

ending mental suffering

attaining early stages of Nibbana

attaining Nibanna itself

rmpsrevision.org

*<http://www.leighb.com/jhanafac.htm>