

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

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