



Vipassana Meditation

Learning outcomes:

To **describe** vipassana meditation

To **explain** zazen

To **evaluate** the differences and similarities between vipassana meditation and samatha meditation

Starter:

Write down 5 questions you would ask the Buddha on meditation.

You are going to research and create a presentation on vipassana meditation.

You will present your findings to the group at the end of the lesson.



Your Task

You are going to research and create a presentation on vipassana meditation. You will present your findings to the group at the end of the lesson.

- You need to include the following information:
- What is vipassana meditation?
- What is the aim of vipassana meditation?
- How can someone practice vipassana meditation?
- How does vipassana use mindfulness? Why is mindfulness important?
- How will vipassana impact upon a Buddhist's life?
- Why is vipassana meditation important to Buddhists? What do Buddhists aim to achieve through practicing vipassana meditation?
- What is zazen? Where is it practiced?
- What is the purpose of zazen?
- How can a person practice zazen?
- What are the main aspects/features of zazen meditation?
- What are the similarities and differences between zazen and vipassana meditation?
- How can a person practice walking meditation?
- What is Henepola Gunaratana (Theravada Buddhist monk) explanation of walking meditation?
- How will walking meditation help a Buddhist in their daily life?
- Research into the origins of Zen Buddhism. What does it tell you about meditation?
- Can you be a Zen Buddhist and not practice zazen meditation?

Challenge!

Find some examples of a koans and explain why these might be important in enabling Buddhists to understand the truths of Buddhism for themselves.

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Which form of meditation would you like to try? Why would you like to try that?

