

Samatha Meditation

Learning outcomes:

To **describe** the Samatha method of meditation

To **explain** the importance of meditation for Buddhists

To **evaluate** the effectiveness of meditation in gaining enlightenment

Starter:
How do you achieve peace of the mind?
Why do you do that?

What do you already know about meditation?



Key Terms

- **Meditation:** a practice of calming and focusing the mind, and reflecting deeply on specific teachings to penetrate their true meaning.
- **Mindfulness:** knowing directly what is going on inside and outside ourselves, moment by moment.
- **Samatha Meditation:** 'calming meditation'; a type of meditation that involves calming the mind and developing deeper concentration.
- **Vipassanaanna Meditation:** 'insight meditation'; a type of meditation that involves developing understanding of the nature of reality.
- **Zazen Meditation:** a type of meditation in Zen Buddhism that requires awareness of the present moment.
- **Metta:** Buddhist term for loving-kindness. A pure love which is neither grasping nor possessive.
- **Anapanasti:** mindfulness of breathing.



What is meditation?



- Meditation calms the mind and body, and also leads to the development of insight into the **nature** of **existence**.
- Buddhists might recite verses praising the three refuges: the Buddha, the Dhamma and the Sangha.
- For Theravada Buddhists it is then customary to recite the five moral precepts.
- Meditation usually involves the practice of mindfulness of the body and breath. The mediator settles their attention on these physical sensations, developing calm and stability. Whenever they notice their mind has wandered, they simply return to their physical experience.

Watch the clip:

<https://www.youtube.com/watch?v=gJ3Qlug07ZM>

How well does it show us this information? Why?

What is the purpose of meditation?



What is the purpose of meditation?

“...you should so train yourself that with respect to the seen there will be merely the seen, that with respect to the heard there will be merely the heard, that with respect to the sensed there will be merely the sensed, that with respect to the cognised there will be merely the cognized.” (The Buddha in the *Udana*, p.8)

- 1. Read and write down the quote.
- 2. Watch the clip.
- 3. What is the purpose of meditation according to The Buddha and the clip?



Why is meditation important to Buddhists?

THINK



PAIR



SHARE



Meditation is....

One reason it is important to Buddhists is...Evidence to support this is...This supports the importance of meditation because...

Another reason meditation is important is....because...Therefore...

Explain two ways in which meditation is important to Buddhists. (5 marks)

Now, make improvements to your answers using the following information:

- Meditation calms the mind and body, and also leads to the development of insight into the **nature** of **existence**.
- There are two **main aims** of meditation. The **first** is to **develop** a **still, calm** and **focused mind**. The **second** is to develop **greater awareness** and **understanding** of the **Buddha's teachings** in order to gain a deeper **insight** into the nature of **reality**.
- “Even the gods envy those awakened and mindful ones who are intent on meditation, wise, delighting in the peace of the absence of desire.” The Buddha in the *Dhammapada* verse 181



Samatha Meditation

Watch the clip and answer the questions:

<https://www.youtube.com/watch?v=02SiCJqIQJM>

01

What is
Samatha
Meditation?

02

What is
the
purpose
of
Samatha
Meditation?

03

Why do
people
want to
learn
samatha
meditation?

04

What
aspects
of puja
did you
see at
the
Samatha
Meditation
center?

05

What are
the
benefits
of
meditation?

06

Who is
able to
meditate
?

07

How well
does this
clip show
Buddhist
beliefs on
Samatha
Meditation?
Why?

Task

You need to create a leaflet for the Samatha Trust (the charity from the video) inviting Buddhists and non-Buddhists to samatha meditation classes. You need to include the following information:

- What does samatha mean?
- What is samatha meditation?
- Where did samatha meditation begin?
- What aspect of samatha do Buddhists focus on?
- What is mindfulness of breathing? How can this be achieved? Create a step by step guide for this section.
- What is the ten kasinas? How does it link to samatha meditation?
- What is the purpose of samatha meditation?
- How can samatha meditation impact on a persons life? How does it impact on a Buddhists life?
- What does Thich Naht Hanh and The Buddha say about samatha meditation?
- What posture should people have whilst practicing samatha meditation?



'Meditation does not lead to enlightenment.' Evaluate this statement. In your answer you should:

- Refer to religious scripture
 - Give detailed arguments in support of this statement
 - Give detailed arguments in support of a different point of view
 - Reach a justified conclusion
- (12 marks)

Some Buddhists may agree with this statement because...Evidence...This supports their view because...

Other Buddhists may disagree with this statement because...Evidence...This supports their view because...

However, Mayahana/Theravada Buddhists may....Evidence...This supports....

In conclusion, I believe the strongest argument is...because...Therefore the weakest argument is....because....

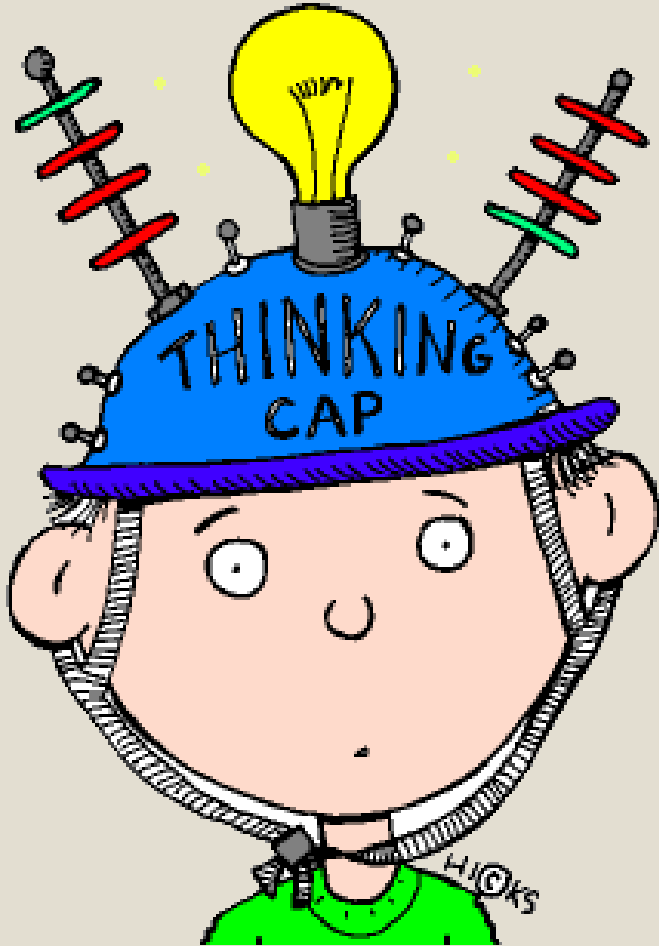
F – For

A – Against

R – Specific religious view

M – My opinion on which argument is the strongest/weakest

The Buddha once said that wisdom comes from a way of life that involves ethics as well as meditation. What do you think? Do you agree with his view? Why?



Should Churchmead have
mindfulness meditation? Why?



Why?

Homework

Research other aspects of Samatha meditation, including kasina, walking, eating meditation. Write your findings into a paragraph. Bring this with you next week.