

HOW TO MEDITATE

Suggested Public Exam Questions

1. Purpose of meditation. The purpose of meditation is to become familiar with positive states of mind and to decrease negative states of mind – please discuss this.
2. 7-point posture. Briefly describe the 7-point posture recommended for meditation practice. Why is this important? What is the essential point to remember? (Keep the spine straight)
3. Types of meditation. What are the two main types of meditation a person can do? (Analytical and placement). Briefly describe each.
4. What is placement meditation and why is the image of the Buddha recommended as an object to focus upon?
5. What are the benefits of analytical meditation and how can it be used in conjunction with placement meditation?
6. Motivation and dedication. Discuss the importance of motivation and dedication in meditation practice.
7. Obstacles and antidotes to meditation. Give a brief description of the antidote to:
 - : Restlessness and distractions arising during meditation
 - : Sleepiness in meditation
 - : Expectations about meditation
 - : Regret arising during meditation
8. What does impermanence mean in the Buddhist teachings and how can an understanding of this be used to counteract delusions such as attachment and anger?
9. Briefly describe any obstacles you are facing in your meditation practice, and what you are doing to deal with these. What benefits have you found through your study and practice of this module?