



Meditation

videos worksheet

Why do Buddhists meditate? (The Buddhist Society)

<https://www.youtube.com/watch?v=LEqFH-h8sJ8>

Here is a video of Buddhists from different traditions speaking about what meditation is to them and what the purpose is.

1. List the aims of meditation described by different people in the video. You don't have to note everything that was said, just some aims.

- _____
- _____
- _____
- _____

2. Now, summarise the points listed in question 1 into one or two sentences in your own words.

"All about the breath" song

<https://www.youtube.com/watch?v=Oif847Bklzg>

Here is a music video by a group of young Buddhists about meditation on the breath.

Listen to the song and enjoy the music video.

Then read through the lyrics.

1. What can you decode from the lyrics about meditation on the breath?



2. Can you spot anything about the purpose of meditation?

You can annotate your lyrics sheet.

What would happen if we put pause on ALL distraction?

<https://youtu.be/MBSNw-0Cf7s>

Here is a video by a young Buddhist who studied filmmaking.

1. How would the world be different if we were less distracted?

2. How would your life be different if you were less distracted? Think of some concrete examples.

3. What do you understand by the sentence “who is the experiencer?” at the end?
