

MEDITATION – WORDS IN SENTENCES

Use the words in each box to complete the sentences of that group.

A foundations four lying meditation mindfulness sitting standing walking

1. One of the most important suttas is Maha-Satipatthana-Sutta, which teaches the _____ of _____.
2. The heart of Buddhist practice is mind-training, or _____.
3. One can meditate in any of the four postures; _____, _____, _____, and _____.

B breath Buddha cease concentration insight mind peace

4. Meditation is a method for understanding one's own _____ and developing inner _____.
5. If we are meditating well, our worries _____.
6. The _____ taught two basic types of meditation.
7. One can achieve the jhanas by practicing _____ meditation.
8. One can achieve _____ by practicing vipassana meditation.
9. Anapana-sati is mindfulness of the _____.

C body calm compassion hair head loving-kindness nails skin teeth

10. When we wish that all who are suffering be relieved, we are practicing meditation on _____.
11. When we say, "May all beings be happy," we are practicing meditation on _____.
12. Concentration meditation helps to _____ the mind.
13. Meditation on the thirty-two parts of the body begins, "_____ of the _____, hair of the _____, _____, _____, _____, _____.

D body death dhammas fall feelings mind mindfulness rise

14. The Four Foundations of Mindfulness are mindfulness of _____, _____, _____, and _____.
15. The Buddha recommended meditation to recollect that _____ is certain.
16. You can have too much energy, too much wisdom, and too much concentration, but you can never have too much _____.
17. When one begins meditation, one can gain concentration by focusing on the _____ and _____ of the diaphragm.

E air blue earth fire light red silence skeleton space water white

18. One way to practice mindfulness of the body is to imagine the body as a _____ (only bones).
19. On a meditation retreat, we must observe noble _____.
20. For concentration meditation, the four kasinas which take the elements as the object are _____, _____, _____ and _____.
21. Two other kasinas have as their objects enclosed _____ and bright _____.
22. The four color kasinas are _____, yellow, _____, and _____.

F bile corpse pain phlegm pus sweat worm

23. To meditate on foulness, we can imagine a bloated or a _____-infested _____.
24. In the meditation on the thirty-two parts of the body, one section of liquids includes, " _____, _____, _____, blood, _____."
25. After sitting in meditation for a long time, we may feel _____ in our legs.

MEDITATION – A WORDSEARCH PUZZLE

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
A	C	O	N	C	E	N	T	R	A	T	I	O	N	L	L	T
B	O	A	T	R	A	E	H	E	E	R	M	A	Y	L	R	T
C	M	H	L	B	R	E	A	T	H	R	I	I	A	A	I	S
D	P	D	C	M	T	T	E	A	O	L	N	F	R	T	S	A
E	A	D	O	E	H	E	H	W	S	G	N	I	L	E	E	F
F	S	U	R	A	T	S	N	O	I	T	A	D	N	U	O	F
G	S	B	P	H	P	U	S	S	T	A	N	D	I	N	G	N
H	I	N	S	I	G	H	T	E	H	B	N	I	K	S	I	O
I	O	O	E	I	B	I	A	G	N	I	T	T	I	S	R	I
J	N	T	V	M	L	G	N	I	K	L	A	W	F	U	M	T
K	P	E	A	C	E	E	D	G	R	E	U	H	O	R	I	A
L	N	L	T	P	A	I	N	E	E	M	T	F	E	A	N	T
M	F	E	H	Y	M	I	D	C	E	A	S	E	D	A	D	I
N	I	K	G	D	V	I	A	D	E	T	I	H	W	N	D	D
O	R	S	I	O	L	P	N	D	H	A	M	M	A	S	I	E
P	E	U	L	B	S	W	E	A	T	A	P	H	L	E	G	M
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16

In the puzzle, can you find all of the words in the following list? All of the words go in a straight line, but they go in every direction: across (→), back (←), up (↑), down (↓), up to the right (↗), down to the right (↘), up to the left (↖), and down to the left (↙). Each time you find a word in the puzzle, put a check (✓) in its box. In the spaces, write the location of its first letter and the direction in which the word goes. On the line after the word, write its meaning.

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> ___ air _____ | <input type="checkbox"/> ___ death _____ | <input type="checkbox"/> ___ loving-kindness _____ | <input type="checkbox"/> ___ rise _____ |
| <input type="checkbox"/> ___ bile _____ | <input type="checkbox"/> ___ dhammas _____ | <input type="checkbox"/> ___ lying _____ | <input type="checkbox"/> ___ silence _____ |
| <input type="checkbox"/> ___ blue _____ | <input type="checkbox"/> ___ earth _____ | <input type="checkbox"/> ___ meditation _____ | <input type="checkbox"/> ___ sitting _____ |
| <input type="checkbox"/> ___ body _____ | <input type="checkbox"/> ___ fall _____ | <input type="checkbox"/> ___ mind _____ | <input type="checkbox"/> ___ skeleton _____ |
| <input type="checkbox"/> ___ breath _____ | <input type="checkbox"/> ___ feelings _____ | <input type="checkbox"/> ___ mindfulness _____ | <input type="checkbox"/> ___ skin _____ |
| <input type="checkbox"/> ___ Buddha _____ | <input type="checkbox"/> ___ fire _____ | <input type="checkbox"/> ___ nails _____ | <input type="checkbox"/> ___ space _____ |
| <input type="checkbox"/> ___ calm _____ | <input type="checkbox"/> ___ foundations _____ | <input type="checkbox"/> ___ pain _____ | <input type="checkbox"/> ___ standing _____ |
| <input type="checkbox"/> ___ cease _____ | <input type="checkbox"/> ___ four _____ | <input type="checkbox"/> ___ peace _____ | <input type="checkbox"/> ___ sweat _____ |
| <input type="checkbox"/> ___ compassion _____ | <input type="checkbox"/> ___ hair _____ | <input type="checkbox"/> ___ phlegm _____ | <input type="checkbox"/> ___ teeth _____ |
| <input type="checkbox"/> ___ concentration _____ | <input type="checkbox"/> ___ head _____ | <input type="checkbox"/> ___ pus _____ | <input type="checkbox"/> ___ walking _____ |
| <input type="checkbox"/> ___ corpse _____ | <input type="checkbox"/> ___ heart _____ | <input type="checkbox"/> ___ red _____ | <input type="checkbox"/> ___ water _____ |
| | <input type="checkbox"/> ___ insight _____ | | <input type="checkbox"/> ___ white _____ |
| | <input type="checkbox"/> ___ light _____ | | <input type="checkbox"/> ___ worm _____ |