



Meditation

For Preview Only -



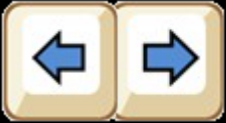


Meditation is very important to Buddhists. It helps Buddhists achieve Nirvana, the ultimate state of peace and happiness. It is through meditation that the Buddhists can come to understand the truth of Buddha's teaching. Often meditation involves concentrating on the idea of peace and change.



Many Buddhists believe that almost anything can be a focus for meditation. Buddhists should concentrate on the present moment and not be distracted by lots of negative thoughts.

Buddhist monasteries often have a meditation room which people can visit.



In a meditation room, offerings of flowers and incense are placed in front of a statue of Buddha. The statue and offerings serve as a focus for the Buddhists who meditate.