# Title: Use of The Mind – Silence and Buddhism

**Key Questions:** Do we ever stop and evaluate our lives?

When and why do the followers of T\* take time out to be reflective?

What are the benefits of reflecting on my life?

When can looking back be a negative thing to do?

Is there more to life than we experience in the physical world?

How do the followers of T\* listen to and respond to God, to people or to things that are precious?

Why is it of benefit to me to develop my spiritual or attentive nature?

Are there times when it is important to concentrate on the physical world?

Do we ever reflect on the things that have gone badly in our lives?

In what ways are followers of T\* critical of their lives or T\*?

When is it necessary to think critically about my own actions and how should I respond to what I notice?

When is self-criticism a damaging thing to do?

**Is** there a God worth listening to?

How do the followers of T\* listen to and respond to God, to people or to things that are precious?

How can following teaching and guidance of T\* improve society?

How do I respond when following the will of God or views held precious by my tradition conflict with society’s views?

**Key Concepts:** mind, contemplation, silence, knowledge, mental health, power, positive

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| **Learning objectives** | **Activities** | **Resources** |
| LO: to focus on how Buddhists use silence and see if this is a helpful tool for developing a positive mental health | In groups consider one of these questions about silence.  Has anyone ever given you the silent treatment?  How did this make you feel?  Why do we ask people to be silent in exams?  What do you think it would be like if everyone just kept talking?  Why do we have two minute silences to remember people or events?  What should people think about during this time?  Why do we ask people to be silent in libraries?  Do you think it would matter if people disobeyed this rule?  Feedback  Look at a picture of a Buddhist Monk meditating.  Why do you think he is doing it?  How do you think it makes him feel?  What words can you use to describe him?  What do you think this will achieve?  What is Buddhist Meditation?  Read the information and write a summary of it.  How would meditation help someone to follow this advice from the Buddha?  “Meditate … do not delay, lest you later regret it.”  “There is no fear for one whose mind is not filled with desires.”  “A disciplined mind brings happiness”  Before a Buddhist meditates they may say this poem.  Why do you think it mentions flowers that fade? What is sweeter than incense? Bodhi means wisdom – how is this used in the poem?  Draw a simple image or picture to illustrate each verse.  Try a meditation/stilling exercise.  Question: How might this help someone who was struggling with anger or worry? | Fath Makes a Difference DVD 23 and 24 are on meditation and calming.  <http://www.bbc.co.uk/religion/religions/buddhism/customs/meditation_1.shtml>  <https://sites.google.com/site/buddhistmeditationpeterborough/ritual-devotion>  (Third poem - Offerings to the Buddha)  There are many examples on Youtube or try something from Don’t Just do Something Sit There by Mary Stone |