Idea of Meditation – 3 parts

Dhana- charity, this is so laity can join

Shiva- discipline, creates the establishment so everything else can flourish

Tudon monks

Meditation used to control fears, suppress strong fear of death

Kind of like rebel monks to just escape into the forest

When have system that tests what can do, just tests something tangible, privileges study over meditation

Some derogatory saying that meditation is what old people, nuns, and laity do

Tudon Monks rebel against that those who study vs. meditation

State study privileges so not as strong of a focus on meditation

Tension between monks who study and monks who meditate

In Thai and Terivana tradition seems emphasis on study so Tudon monks like rebels

Forest monks types of meditation

* **Samadhi**- extreme focused meditated state, Type of meditation of over coming fear
  + **Kleshas**- emotions (disturbing emotions)
  + As long as karma still trapped cause action creates karma
  + At worst with great Samadhi get good karma at best become enlightened
* **Contemplating death**, nothing can do about and don’t know how will die
  + Try to accept this, suppress this, put themselves in dangerous situation to bring about these kleshas and then you can suppress them
  + Very important
* Letting go of fear, emotions cause if this is my karma then that’s it

Karma – action, affect of previous action or making new on from action about to do

Can speed up karmic process, cause negative karma to ripen quicker

Self mutilation not condoned in Buddhism

!!!!!10 questions Buddha refused to answer!!!!!!