

## Mind and Its Potential

### Assessment Questions

After you have finished reviewing the material for this module, please answer each of the following questions using between half a page and one page each, without referring to any written materials or recordings (or to anyone else! 😊).

1. The purpose of meditation is to become familiar with positive states of mind and to decrease negative states of mind – please discuss this.
2. Briefly describe the seven-point posture recommended for meditation practice.
3. What is placement meditation (a.k.a., single-pointed meditation, stabilizing meditation)? Why is the image of the Buddha recommended as an object to focus upon?
4. What are the benefits of analytical meditation, and how can it be used in conjunction with placement meditation?
5. Discuss the importance of motivation and dedication in meditation practice.
6. Give a brief description of the antidote to each of the following:
  - a) Restlessness and distractions arising during meditation
  - b) Sleepiness in meditation
  - c) Expectations about meditation
  - d) Regret arising during meditation
7. What does impermanence mean in the Buddhist teachings? How can an understanding of this be used to counteract delusions such as attachment and anger?
8. Briefly describe any obstacles you are facing in your meditation practice, and what you are doing to deal with these. What benefits have you found through your study and practice of this module? [Note: For this question, if you feel your answer is personal and you would rather not discuss it with the whole group, please feel free to let me know, and we can review your answer together in private.]