

From Buddha to the Dalai Lama

Insight Meditation Community of Charlottesville

<https://imeditation.org>

Week 7: Methods of meditation

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Link to extended readings and slides: <https://parusanalytics.com/fb2dl/week-seven.html>

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Table 2. Types of meditation practices reported.

Type of practice	Dominant (% of sample)	Lifetime (% of sample)	At onset (% of sample)
concentration (<i>śamatha</i> , mindfulness of breathing, breath counting)	30 (50%)	57 (95%)	20 (33%)
insight (<i>vipassanā</i> , noting, open monitoring)	27 (45%)	48 (80%)	20 (33%)
body scan (including Goenka <i>vipassanā</i>)	4 (7%)	33 (55%)	5 (8%)
other insight practice (analytical meditation)	2 (3%)	25 (42%)	1 (2%)
<i>zazen</i> : breath counting	9 (15%)	28 (47%)	9 (15%)
<i>zazen</i> : "just sitting" (<i>shikantaza</i>)	12 (20%)	30 (50%)	8 (13%)
<i>kōan</i>	6 (10%)	15 (25%)	3 (5%)
loving kindness (<i>mettā</i>) or compassion	6 (10%)	49 (82%)	2 (3%)
<i>tonglen</i>	1 (2%)	28 (47%)	0 (0%)
nature of mind practice (<i>dzogchen</i> , <i>mahāmudrā</i>)	6 (10%)	28 (47%)	4 (7%)
Vajrayāna preliminary practices (<i>ngondro</i>)	5 (8%)	19 (32%)	8 (13%)
visualization practices	5 (8%)	20 (33%)	7 (12%)
mantra recitation	1 (2%)	25 (42%)	1 (2%)
other	3 (5%)	9 (15%)	8 (13%)

"Dominant" refers to the top two most frequently practiced types of meditation in the practitioner's lifetime. "Lifetime" refers to the types of meditation reported as being practiced during the practitioner's lifetime. Because most practitioners engaged in multiple types of meditation during the lifetime, the total percentage exceeds 100%. "At onset" refers to the top two most frequently practiced types of meditation around the onset of meditation-related challenges or difficulties. See [S3 File](#) for dataset.

<https://doi.org/10.1371/journal.pone.0176239.t002>

Vocabulary list

Theravadan

vipassana

samatha

metta

MBSR: mindfulness-based stress reduction
Jon Kabat-Zinn

jhana

sunyata (emptiness)

Nagarjuna

Zen

shikantaza

koan

Tibetan

ngondro (preliminary meditations)

dzogchen/ rigpa

tonglen

A couple more links

<https://wisdomexperience.org/wisdom-podcast/126-jetsunma-tenzin-palmo/> [podcast: assorted reflections on contemporary practice]

https://www.huffpost.com/entry/emptiness-most-misunderstood-word-in-buddhism_b_2769189 [article: just what it says]