

# Religious Education Knowledge Organiser

## Year 4

### Summer (i)

## How is meditation important to Buddhists?

**Substantive Knowledge** – the Buddhist community is called the Sangha. Buddhists meditate to still the mind. Shrines are places where Buddhists can pray, either on their own or in groups.

### The Buddhist community – The Sangha

The Sangha is the community of followers of the Buddhist faith. It used to mean the communities of monks and nuns.

### Meditation

There are many methods of meditation. Some involve chanting mantras and some involve concentrating on a particular thing, such as a flower or candle.

Buddhists use meditation to 'still the mind', to stop their mind rushing around in an aimless stream of thoughts.

Meditating in a group reminds followers that they are part of a larger group.



Meditation teaches self discipline as it can be boring and become uncomfortable.



Chanting mantras



Quiet meditation

## The role of the shrine



A large Buddhist shrine

All Buddhist shrines are important as they contain an image of Buddha or Bodhisattva. Shrines are important as they help Buddhists to focus their devotion and meditation.

These shrines are not worshipped. They assist Buddhists in their search for enlightenment.

Small shrine in a home



## Portable Knowledge – What we need to remember

The Buddhist community is called the Sangha.

Meditation is significant in Buddhism.

The shrine has a part to play in Buddhist meditation.

## Core Vocabulary

**meditation** – thinking quietly as a spiritual or religious exercise

**the Sangha** – the Buddhist community of people who practice the faith

**shrine** – a special place where Buddhist may worship alone or as families.