

MEDITATION DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What comes to mind when you hear the word 'meditation'?
- 2) Have you ever tried to meditate?
- 3) Would you like to go to meditation classes?
- 4) Do you feel jealous of people who can find peace through meditation?
- 5) Why or how do you think meditation works?
- 6) Do you know anyone who meditates?
- 7) What benefits do you think meditation brings?
- 8) Do you think everyone should try and meditate for twenty minutes each day?
- 9) Do you think Asian people are better at meditating than people from other continents?
- 10) What do you think of people who meditate?

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STUDENT B's QUESTIONS (Do not show these to student A)

- 1) What is meditation?
- 2) Do you think meditation is a part of all religions?
- 3) What do you think people think about during meditation?
- 4) Do you think meditation helps you live longer?
- 5) Do you think people need lessons to be able to meditate?
- 6) Is meditation more for men or women?
- 7) How is meditation different from other relaxation techniques?
- 8) What's the best time of the day and the best place to meditate?
- 9) Do you think there are any dangers to meditation?
- 10) How do you think meditation was first discovered?

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