

What was the first step the monk suggested for preparing the meditation space?

What are the three types of Bhavana (meditation) mentioned in the text?

Why did the monk recommend starting with Maitree Bhavana?

Describe the correct sitting posture for boys and girls during meditation as explained in the text.

What should one do before beginning meditation, after cleaning the space?

What are the initial thoughts Harshini was asked to focus on during Maitree Bhavana?

How did Harshini change after practicing meditation for a few days?

What benefits of meditation do Westerners recognize according to the text?

.....write a short note about Maitree Bhavana , Anapanasati Bhavana, Buddhanussati Bhavana (5 marks).