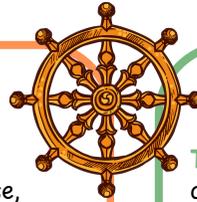


Key Terms: Buddhism



Key Beliefs

Dhamma (Dharma): The Buddha's teachings and universal truths.
Dependent Arising (Paticcasamupada): The belief that all things arise, exist, and cease based on conditions.
Anicca: Impermanence; everything changes.
Anatta: No fixed self; the idea that there is no permanent soul.
Dukkha: Suffering or unsatisfactoriness in life.
Five Aggregates (Skandhas): Components of human existence in Theravada Buddhism: form, sensation, perception, mental formations, and consciousness.
Sunyata: Emptiness; the absence of intrinsic existence in Mahayana Buddhism.
Buddha-Nature: The potential for all beings to attain Buddhahood.
Arhat: In Theravada, a perfected person who has attained nibbana.
Bodhisattva: In Mahayana, a person striving for enlightenment while helping others.
Pure Land: A Mahayana Buddhist belief in a realm of bliss led by Amitabha Buddha.



The Buddha and the Four Noble Truths

The Four Sights: Illness, old age, death, and a holy man; inspired the Buddha's quest for enlightenment.
Ascetic Life: The Buddha's period of severe self-discipline before attaining enlightenment.
Enlightenment: The state of awakening, understanding the true nature of reality.
Four Noble Truths: Core Buddhist teachings:
Dukkha: Suffering.
Samudaya: Causes of suffering (Three Poisons: ignorance, greed, hate).
Nirodha: The end of suffering (nibbana).
Magga: The Eightfold Path to end suffering.
Threefold Way: Ethics (sila), meditation (samadhi), wisdom (panna).
Eightfold Path: A guide to ethical conduct, mental discipline, and wisdom.
Nibbana (Nirvana): The ultimate goal; freedom from suffering and rebirth.



Practices

Temple: A place for worship, learning, and meditation.
Shrine: A space for devotion and offerings to the Buddha.
Monastery (Vihara): A community for monks and nuns.
Puja: Devotional rituals in temples or at home.
Chanting: Reciting Buddhist texts to focus the mind and show devotion.
Mantra: Sacred phrases repeated during meditation or worship.
Malas: Beads used to count mantras or prayers.
Samatha Meditation: Concentration and tranquility through mindfulness of breathing.
Vipassana Meditation: Insight into the true nature of reality.
Zazen: A form of seated meditation in Zen Buddhism.
Visualisation: Imagining Buddhas or Bodhisattvas to aid focus and inspiration.
Death Rituals: Practices to honor the deceased, varying across cultures (e.g., Japan, Tibet).
Wesak: Celebrating the Buddha's birth, enlightenment, and death.
Parinirvana Day: Remembering the Buddha's death and final nibbana.



Buddhist Ethics

Kamma (Karma): The law of cause and effect; actions determine future experiences.
Rebirth: The cycle of samsara; beings are reborn based on kamma.
Karuna (Compassion): Showing kindness and alleviating suffering.
Metta (Loving-Kindness): Developing unconditional goodwill towards all beings.
Five Moral Precepts: Ethical guidelines:

- Avoid harming life.
- Avoid taking what is not given.
- Avoid misuse of the senses.
- Avoid false speech.
- Avoid intoxicants that cloud the mind.

Six Perfections: Virtues developed in Mahayana Buddhism:

- Generosity
- Morality
- Patience
- Energy
- Meditation
- Wisdom

