

AQA says...

- Look at the handout for AQA given terms split into categories...

- **Parts of the paper**

- 1 – Beliefs

- a – Dharma*

- b – Four noble truths*

- 2 – Practices

- a – worship and festivals*

- b – ethics*

1a – Dharma – Overall Teachings of the Buddha

Pali Canon – teachings of Buddha in book form

Three marks of existence – anicca, anatta, dukkha

Sub-groups of Buddhism – Theravada/Mahayana (Pure Land/Tibetan/Zen)

Theravada - Five Aggregates (skandas/human personality) – sensation, perception, mental formations, consciousness

Mahayana – sunyata (nothing has a single soul or self, Buddha-nature)

Aims and human destiny – nirvana/enlightenment

Theravada – Arhat (perfected person), Bodhisattva – same but remain here in cycle of samsara

Samsara – cycle of birth, death, rebirth... karma – cause and effect/balance in the universe

Pure Land – Amitabha Buddha (not Siddhartha), they worship lives in PL. PL is a world outside ours without suffering. Perhaps easier to reach enlightenment

1b – Four Noble Truths

His life – prince, luxury, four sights, ascetic, Bodhi tree, enlightenment

Four sights – old man, sick man, dead man, holy man – in Jataka

FNT – suffering exists (dukkha); causes of suffering three poisons, there is a way to end it (and reach nirvana), noble eightfold path/middle way/magga (learn steps and examples) – in Dhammapada.

Ascetic – person living simple strict lifestyle

Three poisons – ignorance, greed and hatred

Meditation – Practice of calming and focusing the mind

2a – Practices – worship and Festivals

- Know about them and why they're important – temples (stupas), monasteries (viharas), halls for learning (gompas).
- Puja – means worship including; shrine devotion, chanting, meditation
- Meditation types – Samatha (concentration, mindfulness, tranquillity) – links to right concentration AND Vipassana (insight).
- Tibetan sky burial.
- Festivals and retreats in UK – Western Order.
- Wesak – Buddha Day

2b – Practices - Ethics

- Right Action (noble eightfold path)
- Karma
- Karuna – loving compassion
- Metta – loving kindness
- Five moral precepts; avoid taking life, avoid taking what is not given, avoid harmful substances that cloud the mind, avoid speaking falsehood, avoid harmful sexual activity.
- Six perfections (Mahayana) – generosity, morality, patience, energy, meditation, wisdom.

How to revise them...

- Kerboodle textbook + this sheet – link quotes to each...
- 'R' not 'mm'
- Keep them in categories and link them together in a story or mindmap
- Apply as many as you can to the following questions:-

1 – Explain the Dharma of the Buddha

2 – Explain how Siddhartha Gautama became the Buddha and what were his main teachings based on FNT?

3 – How do Buddhists worship?

4 – How do Buddhists make decisions about right and wrong?