

## Buddhism Glossary

<p><b>Anatta</b> – no permanent self or soul</p> <p><b>Anicca</b> – Impermanence – everything changes</p> <p><b>Arhat</b> – Theravada – someone who is enlightened</p> <p><b>Ascetic</b> – Living a simple and strict lifestyle</p> <p><b>Amitabha Buddha</b> – Buddha worshipped by Pureland</p> <p><b>Bodhisattva</b> – Mahayana – someone who is enlightened</p> <p><b>Buddha</b> – one who has achieved enlightenment</p> <p><b>Dependent Arising</b> – the idea that all things arise and depend on each other for existence</p> <p><b>Dharma (Dhamma)</b> – The Buddha’s teachings</p> <p><b>Dukkha</b> – first noble truth – suffering</p> <p><b>Enlightenment</b> – gaining of true knowledge – freedom from cycle of birth, death and rebirth</p> <p><b>Gompa</b> – Hall where Tibetan Buddhists meditate</p> <p><b>Greed</b> – one of the Three Poisons</p> <p><b>Jataka</b> – Stories about the life of the Buddha</p> <p><b>Karma</b> – what goes around comes around</p> <p><b>Karuna</b> – loving compassion</p> <p><b>Magga</b> – fourth noble truth – follow 8-fold path</p> <p><b>Mahayana</b> – sub-groups of Buddhists including Zen, Tibetan and Pure Land</p> <p><b>Meditation</b> – Practice of focusing and calming the mind</p> <p><b>Three Poisons</b> – main causes of suffering; greed, hatred and ignorance</p> <p><b>Theravada</b> – ancient Buddhist tradition</p> <p><b>Zazen Meditation</b> – Zen meditation; awareness of present</p>	<p><b>Metta</b> – loving kindness</p> <p><b>Monastery (vihara)</b> – place where monks and nuns live</p> <p><b>Nirvana (Nibbana)</b> – state of complete enlightenment</p> <p><b>Nirodha</b> – third noble truth – all suffering can be stopped</p> <p><b>Pali Canon</b> – key Buddhists text/scripture</p> <p><b>Parinirvana Day</b> – Festival to mark Buddha’s death</p> <p><b>Samatha Meditation</b> – calming meditation</p> <p><b>Samsara</b> – cycle of birth, death and rebirth</p> <p><b>Samudaya</b> – second noble truth – there are causes of suffering</p> <p><b>Sanskrit</b> – language of later Buddhist texts</p> <p><b>Shrine</b> – place where Buddha statue provides focal point for meditation</p> <p><b>Sunyata</b> – nothing has a separate self or soul</p> <p><b>Tanha</b> – craving</p> <p><b>Eightfold Path</b> – 8 ways to live as a Buddhists (middle way or wheel of life)</p> <p><b>Five Aggregates</b> – parts that make up a person</p> <p><b>Five precepts</b> – moral principles for living an ethical life</p> <p><b>Four Noble Truths</b> – Buddha’s teaching about suffering</p> <p><b>Four sights</b> – old age, sickness, death and a holy man</p> <p><b>Six Perfections</b> – Qualities that Mahayana Buddhists use to live their life by</p> <p><b>Vipassana meditation</b> – ‘insight’ meditation</p> <p><b>Wesak</b> – Festival that celebrates birth of Buddha</p> <p><b>Stupa</b> – building that contains statues and relics</p>
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