

Buddhism Practices



Name

Class

Key info from topic

MCQs – BUDDHIST PRACTICES - KEY WORDS AND FACTS

1. Place where Buddhist monks or nuns live

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|----------|-----------|-----------|--------------|
| a. stupa | b. shrine | c. temple | d. monastery |
|----------|-----------|-----------|--------------|

2. Statue of the Buddha

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|----------------|------------------|------------------|----------------|
| a. Buddha rupa | b. Buddha sangha | c. Buddha dhamma | d. Buddha mala |
|----------------|------------------|------------------|----------------|

3. Buddhist act of worship

- | | | | |
|----------|------------|----------|---------|
| a. kamma | b. samatha | c. wesak | d. puja |
|----------|------------|----------|---------|

4. NOT an offering you might find on a Buddhist shrine

- | | | | |
|----------|------------|---------|------------|
| a. water | b. flowers | c. wine | d. candles |
|----------|------------|---------|------------|

5. A set of words or syllables that are chanted over and over again.

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|---------|-----------|----------|---------|
| a. mala | b. mantra | c. mudra | d. mara |
|---------|-----------|----------|---------|

6. Type of meditation with the aim of gaining insight into the true nature of reality

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|------------|------------------|--------------|----------|
| a. Samatha | b. Visualisation | c. Vipassana | d. Metta |
|------------|------------------|--------------|----------|

7. Traditional Tibetan burial practice

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|----------------|---------------|--------------------|-----------------|
| a. obon burial | b. sky burial | c. mountain burial | d. bardo burial |
|----------------|---------------|--------------------|-----------------|

8. Theravada festival that celebrates the Buddha's birth, enlightenment and death

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|----------|--------------------|---------------|-------------|
| a. Wesak | b. Parinibbana day | c. Sangha day | d. Songkran |
|----------|--------------------|---------------|-------------|

9. Universal law that a person's actions affect their happiness and suffering in this and future lives.

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|----------|-----------|------------|-----------|
| a. kamma | b. dhamma | c. samsara | d. sangha |
|----------|-----------|------------|-----------|

10. A desire for all beings to be happy.

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|------------|----------|-----------|----------|
| a. samatha | b. kamma | c. karuna | d. metta |
|------------|----------|-----------|----------|

11. NOT one of the five moral precepts; To abstain from...

- | | | | |
|-------------------------|------------------------|---------------|-------------------|
| a. ..harming or killing | b. ..sexual misconduct | c. ..jealousy | d. ..wrong speech |
|-------------------------|------------------------|---------------|-------------------|

12. The most important of Mahayana Buddhism's 'six perfections' because it includes understanding how to develop the other five

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|-----------|-----------|-------------|-------------|
| a. Energy | b. Wisdom | c. Morality | d. Patience |
|-----------|-----------|-------------|-------------|

BUDDHIST PRACTICES – IS CHANTING MORE IMPORTANT TO BUDDHISTS THAN MEDITATION?

ARGUMENT A

Chanting is more important to Buddhists than meditation because it reduces suffering in the short and long term. It reduces suffering in the short term because it helps to calm and focus the mind. It reduces suffering in the long term because it reminds Buddhists of the teachings of the Buddha and the path to end suffering (the Noble Eightfold Path).

ARGUMENT B

Meditation is more important to Buddhists than chanting. Samatha meditation helps to calm and focus the mind. Vipassana meditation gives Buddhists true understanding and experience of the three marks of existence. It is more important, because rather than just repeating a teaching (i.e. anatta) you get to experience it for yourself.

Which argument do you find most persuasive and why?

BUDDHIST PRACTICES – ARE THE FIVE MORAL PRECEPTS MORE IMPORTANT THAN THE SIX PERFECTIONS?

ARGUMENT A

Following the five moral precepts is the most important practice for a Buddhist. This is because it reduces the amount of suffering that is caused to themselves and others. The first precept, for example, is to not cause harm or kill any living being. Another precept is to not become intoxicated. How much suffering is caused every day in the world by drugs and alcohol?

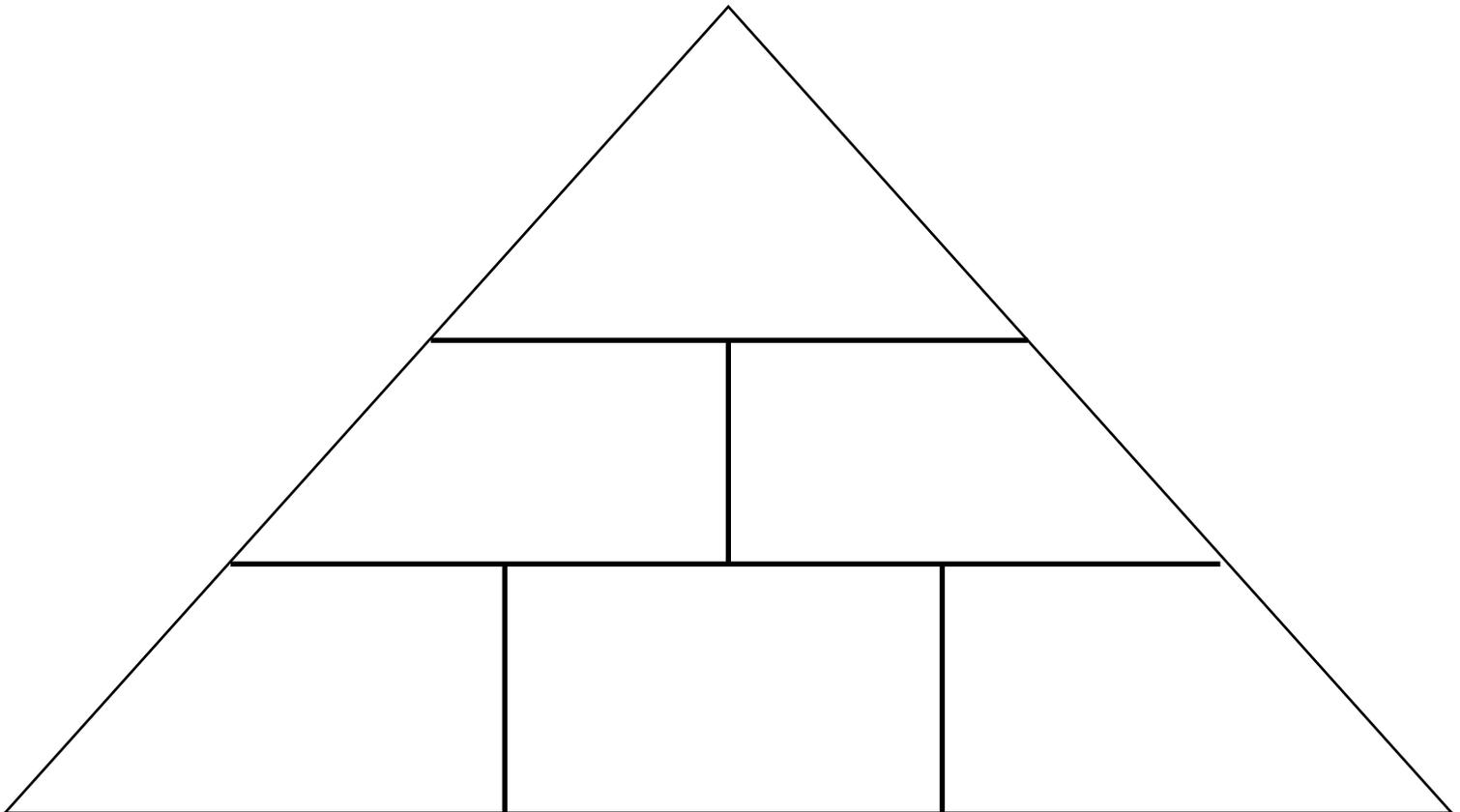
ARGUMENT B

Developing the six perfections is the most important practice for Buddhists as there will always be time when rules such as the five moral precepts don't apply. For example, if a murderer is searching for someone and you know where they are, you should lie. This is an example of the perfection of wisdom, which includes knowing when to follow the precepts.

Which argument do you find most persuasive and why?

PRIORITISING PYRAMID – BUDDHIST PRACTICES

Use the pyramid below to show which **practices** you think are the six most important for a **Buddhist** (most important at the top). Then use the box at the bottom of the page to explain your choices.



BUDDHIST PRACTICES

Puja, chanting, mantra recitation, samatha meditation, vipassana meditation, visualisation of Buddhas and bodhisattvas, ceremonies and rituals associated with death and mourning, festivals and retreats, karuna (compassion), metta (loving kindness), the five moral precepts,

Explanation for your choice of priorities:

BUDDHIST PRACTICES – EXPLAINING WHY

Most Buddhists practice some form of puja, including chanting. Why?

Many Buddhists practice some form of samatha meditation before they start vipassana or visualisation. Why?

At a funeral, some Buddhists pour water into an overflowing bowl. Why?

Belief in kamma effects the choices Buddhists make in life. Why?

Buddhists believe that by following the Five Moral Precepts they will reduce the amount of suffering in the world. Why?

Some (Mahayana) Buddhists believe that cultivating the Six Perfections is more important than following the Five Moral Precepts. Why?

Assessment practice! – try and complete the following in 25 minutes. Once you have finished it:

GO BACK OVER IT WITH A RED PEN AND IMPROVE YOUR ANSWERS

0 2 **Buddhism: Practices**

0 2 . 1 Which **one** of the following is a Buddhist monastery?

[1 mark]

Put a tick (✓) in the box next to the correct answer.

A Mala

B Vihara

C Rupa

D Mandala

0 2 . 2 Give **two** of the six perfections in the Mahayananan tradition.

[2 marks]

1 _____

2 _____

Question 2 continues on the next page



