

Learners should be able to explain and apply these terms in relation to the themes:

1. **5 Precepts** – Refers to the five general rules, which Buddhists follow, and are intended to regulate behaviour or thought.
2. **Anicca** - The Buddhist doctrine of impermanence – that states nothing ever *is* but is always in a state of *becoming*.
3. **Anatta** - The Buddhist doctrine of no-self.
4. **Bodhisattva** - A person who has generated spontaneous bodhichitta but who has not yet become a Buddha; delaying their parinirvana in order to help mankind.
5. **Khandas** - (Skandhas – Sanskrit): The five aggregates which make up the self, as we know it.
6. **Mahayana** - “Great vehicle” (to salvation). The name given to the more progressive strands of Buddhism.
7. **Mudras** – A symbolic hand gesture used in ceremonies or statuary. This can also be a movement or pose in yoga.
8. **Puja** - A ceremony in which offerings and other acts of devotion are performed in front of holy beings.
9. **Stupa** - Monument housing some relic(s) of the Buddha.
10. **Theravada** - “Way of the Elders”, the name given to the only surviving school of conservative Buddhism.
11. **Triratna** - The collective term given to the ‘Three Jewels’; The Buddha, the Dharma and the Sangha.
12. **Vihara** - A Buddhist monastery or dwelling place devoted to the teaching and learning of the Buddha’s message.

Other useful terms:

1. **Aggregates** – A whole self-experience formed by combining several elements. A person of the desire realm or form realm has five aggregates: form, feeling, discrimination, compositional factors and consciousness.
2. **Akanishta** – A Pure Land where Bodhisattvas attain enlightenment.
3. **Arhat** – ‘Foe Destroyer’. A person who has destroyed all delusions (the foe) through training on the spiritual path. They will never again be reborn in Samsara.
4. **Bhikkhu** – A Buddhist monk.

5. Bhikkhuni – A Buddhist nun.
6. Buddha – A being that has completely abandoned all delusions and their imprints. In general, 'Buddha' means 'Awakened One'.
7. Budhahood – Gaining the highest level of enlightenment where one gains omniscient wisdom and whose function is to bestow mental peace on all living beings.
8. Dhamma – Buddha's teachings.
9. Dhammapada – A collection of sayings of the Buddha.
10. Dukkha – Pain, suffering, disease and disharmony.
11. Diwali – This marks the day Emperor Ashoka gave up everything and adopted the path of peace where he converted to Buddhism.
12. Eightfold Path – A summary of the path of Buddhist practices leading to liberation from Samsara.
13. Enlightenment – Liberation and true cessation of the cycle of Samsara.
14. Dana – The virtuous acts of generosity, charity and giving of alms.
15. Jatakas – Stories relating to the past lives of the Buddha.
16. Karma – (Kamma – Pali): "Action". Actions that one makes throughout their life will determine their future.
17. Karuna – Translates as compassion.
18. Kathina – A Theravada Buddhist festival that celebrates the end of the monsoon season and is the largest almsgiving ceremony of the Buddhist year.
19. Lama – Tibetan translation of 'guru' meaning spiritual teacher.
20. Magga – Path to the cessation of suffering – the middle path of the fourth noble truth.
21. Mahayana – "Great vehicle" (to salvation). The name given to the more progressive strands of Buddhism.
22. Mandala – A circular figure in Buddhism which represents the universe.
23. Mantra – Symbolic sounds or words.
24. Mara – The demon that tempted Siddhartha Gautama while he was meditating.
25. Meditation – Techniques that encourage and develop concentration, clarity, emotional positivity, and a calm seeing of the true nature of things.
26. Metta Bhavana – Loving-kindness meditation practiced in order to 'cultivate loving-kindness' towards others.
27. Milindapanha – The 'Questions of Milinda' – The record of dialogue between the Buddhist Monk

Nagasena and the Greek King Milinda.

28. Nirodha – The truth of the cessation of suffering – that enlightenment is the cure for suffering.
29. Nirvana – Enlightenment, total egolessness.
30. Noble Truths – These are the four teachings that form the essence of Buddha’s teachings. He realised these truths while meditating under the Bodhi tree.
31. Pancha Sila – The Five Moral Precepts basic to most schools of Buddhism.
32. Panna – Translates as ‘wisdom’.
33. Parinirvana – Nirvana-after-death; takes place upon the death of the body of someone who reached nirvana during their lifetime.
34. Parinirvana Day – Mahayana Buddhist festival that marks the death of the Buddha.
35. Pratityasamutpada – ‘Dependant origination’, states that all things arise because of other things: cause and effect. A pragmatic teaching applied to dukkha.
36. Rebirth – Being reborn as a result of circumstances that happened before.
37. Renunciation – (Nekkhamma) – Giving up the world and leading a holy life with a freedom from lust, craving and desire.
38. Samadhi – Refers to the state of meditative consciousness where the mind becomes still.
39. Samatha – Practicing single-pointed meditation through mindfulness of breathing in order to calm the mind and its ‘formations’.
40. Samsara – The continual cycle of birth, death and rebirth.
41. Sangha – Translated as ‘community’ and referring to the Buddhist community of monks, nuns, and novices.
42. Siddhartha Gautama – The ‘Buddha’, ‘Awakened One’, Siddhartha is a Sanskrit term which means ‘one who achieves his goal’.
43. Sila – Moral conduct, the principle of orderly behaviour that promotes peaceful existence in a community.
44. Sunyata – Emptiness, a major doctrine of Mahayana Buddhism that all things are empty of permanent essence.
45. Sutra – A Buddhist scripture.
46. Tanha – Can be translated as ‘craving’ or ‘desire’, which can be either physical or mental. These are considered to be the causes of suffering.
47. Tathagatagarbha – The Mahayana doctrine that states all sentient beings have the potential to reach Buddhahood.

48. Theravada – “Way of the Elders”, the name given to the only surviving school of conservative Buddhism.
49. Vassa – The monsoon season which precludes the festival of Kathina.
50. Vipassana – Meditation practiced in Theravada Buddhism that involves concentration on the body or its sensations.
51. Vesak – Also known as Buddha Day, it commemorates the birth of the Buddha-to-be, Siddhartha Gautama.
52. Zen – A Japanese school of Mahayana Buddhism which emphasises the value of meditation and intuition rather than ritual worship or the study of scripture.

Visit <http://kadampa.org/reference/glossary-of-buddhist-terms> for a more comprehensive glossary of terms relating to Buddhism.