

Buddhist Practices: Key Words and Definitions

Key Term	Definition
Temple	<ul style="list-style-type: none"> - A place where Buddhists come together to practise - A place where the community of Buddhists (the Sangha) meet
Shrine	<ul style="list-style-type: none"> - An area in a temple or a home that has a statue of a Buddha or Bodhisattva - Provides Buddhists with a focal point for meditation or worship
Gompa	<ul style="list-style-type: none"> - The meditation hall in the temple
Stupa	<ul style="list-style-type: none"> - A small building that contains relics (items linked to the Buddha that are seen as holy)
Buddha-rupa	<ul style="list-style-type: none"> - A statue of a Buddha - Buddhists often use these to remind them about meditation or the Buddha's life
Monastery	<ul style="list-style-type: none"> - A place where Buddhist monks or nuns live - Also known by Buddhists as a `vihara`
Puja	<ul style="list-style-type: none"> - An act of worship in Buddhism - A way that Buddhists show gratitude towards the Buddha
Chanting	<ul style="list-style-type: none"> - Repeating or reciting Buddhist scriptures or texts - Helps Buddhists to remember the main teachings of Buddhism
Mantra	<ul style="list-style-type: none"> - A short sequence of sacred words - Buddhists repeat these to try and change their minds in some way
Mala	<ul style="list-style-type: none"> - Prayer beads used by Buddhists - Helps them to remember the mantras that they are saying
Wesak	<ul style="list-style-type: none"> - A Buddhist festival that celebrates the major events in the life of the Buddha
Parinirvana Day	<ul style="list-style-type: none"> - A Buddhist festival that remembers the Buddha's death
Retreat	<ul style="list-style-type: none"> - A period of time Buddhists spend away from everyday life to focus on meditation

Meditation	<ul style="list-style-type: none"> - The practice of calming and focusing the mind - Reflecting deeply on the teachings of the Buddha to understand them on a deep level
Samatha meditation	<ul style="list-style-type: none"> - Calming meditation - Meditation that aims to calm the mind down, often by focusing on the breath
Vipassana meditation	<ul style="list-style-type: none"> - Insight meditation - Meditation that aims to give the mind an insight into the way things really are
Zazen meditation	<ul style="list-style-type: none"> - Meditation used in Zen Buddhism (from Japan) - This meditation aims to help Buddhists be aware of the present moment
Visualisation meditation	<ul style="list-style-type: none"> - Imagining or visualising Buddhas and Bodhisattvas - The aim of this type of meditation is that you can achieve your goal by imagining what you want to be
Mandala	<ul style="list-style-type: none"> - A pattern or design that is used to help Buddhists in their visualisation meditation
kamma	<ul style="list-style-type: none"> - Actions and their consequences - Actions in Buddhism can be either `skilful` (good or ethical) or `unskilful` (bad or unethical)
Compassion (karuna)	<ul style="list-style-type: none"> - Feeling concerned for the suffering of other people and wanting to do things to help them
Loving-kindness (metta)	<ul style="list-style-type: none"> - Showing a kind and friendly attitude towards other people
5 Precepts	<ul style="list-style-type: none"> - 5 principles that Buddhists try to put into practice to live an ethical, moral or `skilful` life - All of the 5 Precepts boil down to one key idea: not causing harm to other living things (ahimsa)
Ahimsa	<ul style="list-style-type: none"> - Non-violence or non-injury - The idea that you should not cause any harm to any living thing
6 Perfections	<ul style="list-style-type: none"> - 6 qualities that Mahayana Buddhists try to develop - Generosity - Morality - Patience - Energy - Meditation - Wisdom

