









GCSE - Buddhist practices



<p>Key terms</p> <p>Chanting A type of worship that involves reciting from Buddhist scriptures</p> <p>Karma An ethical principle that explains how actions lead either to happiness or suffering</p> <p>Karuna Compassion – feeling concerned for the suffering of others</p> <p>Mantra A short sequence of syllables recited during worship</p> <p>Metta / Loving-kindness – a desire for other people to be happy</p> <p>Parinirvana Day A Mahayana festival commemorating Buddha’s passing into nirvana</p> <p>Puja Worship – it expresses gratitude and respect for Buddha and his teachings</p> <p>Rupa A statue of Buddha used in worship and meditation</p> <p>Samatha Meditation A form of meditation focused on calming the mind and mindfulness</p> <p>Shrine A focal point for Buddhist worship and offerings in temples or at home</p> <p>Skilful Actions that lead to good karma, unskilful actions lead to bad karma</p> <p>Stupa A tiered tower structure that is designed to symbolise elements of Buddhist teaching</p> <p>Temple The focal point of Buddhist worship – the building where Buddhists gather</p> <p>Vihara A monastery or community where Buddhists gather to meditate</p> <p>Vipassana Meditation A form of meditating on a teaching of Buddha to gain greater understanding</p> <p>Wesak A festival celebrating the life and teachings of Buddha</p>	 <p>Places of worship & puja</p>	<p>Places of Worship</p> <p>Buddhists often worship in a temple where they gather to meditate together and perform puja.</p> <p>A temple or vihara will have rupas (statues of Buddha), stupas (towered structures designed to symbolise Buddhist teaching) and often shrines where offerings can be made.</p>	<p>Puja</p> <p>Puja is the name for Buddhist worship which is a ceremony that expresses gratitude and respect for Buddha and his teachings.</p> <p>Buddhists perform chanting where sacred texts are remembered and taught orally and with devotion.</p> <p>They also recite mantras which are short sequences of syllables that help concentrate the mind.</p>	
	 <p>Meditation</p>	<p>Samatha Meditation</p> <p>This is a type of meditation that involves calming the mind and developing deepened concentration. This can be done through mindfulness of breathing where Buddhists concentrate on the pattern of their breath to relax their mind.</p>	<p>Vipassana Meditation</p> <p>This type of meditation focuses on developing an understanding of the nature of reality. Buddhists focus on the teachings of Buddha, especially the Three Marks of Existence in order to move them closer to enlightenment.</p>	
	 <p>Funerals and festivals</p>	<p>Buddhist Funerals</p> <p>Buddhists usually try as spend as little money as possible on funerals as they believe the cycle of samsara means their energy moves onto a new body.</p> <p>In a Sky Burial Tibetan Buddhists leave the body on a mountainside as an offering to the vultures. This reflects a belief in anicca, the impermanence of existence.</p>	<p>Wesak</p> <p>Wesak is a Theravada Buddhist festival which celebrates the Buddha’s birth, enlightenment and passing away into nirvana.</p> <p>It is celebrated by lighting up candles and lanterns to represent enlightenment and by attending the local temple to take part in worship or meditation.</p>	<p>Parinirvana Day</p> <p>Parinirvana Day is a Mahayana festival that commemorates the death and passing into enlightenment of Buddha.</p> <p>It is celebrated by Buddhists reading and studying the last writings of Buddha, meditating at home or in a temple or going on a retreat to reflect and meditate</p>
	 <p>5 Moral Precepts and 6 Perfections</p>	<p>Five Moral Precepts</p> <p>These form a Buddhist ethical code. They are five principles that Buddhists try to live their life by.</p>  <ol style="list-style-type: none"> 1. to abstain from taking life 2. to abstain from taking what is not given 3. to abstain from sexual misconduct 4. to abstain from wrong speech 5. to abstain from intoxicants 	<p>The Six Perfections</p> <p>These are six qualities that Mahayana Buddhists try to develop to become Bodhisattvas. They require practice and thought in order to develop them.</p> <p>Generosity, acting in a selfless way, morality thoughts words and acts based on respect for all life, patience accepting people and things as they are, energy making effort to work for the benefit of all beings, meditation clarity of mind, wisdom insight & understanding.</p>	
 <p>Karma, Karuna and Metta</p>	<p>Karma</p> <p>Karma is the ethical idea that a Buddhist’s actions lead either to happiness or suffering.</p> <p>Skilful actions result in good karma and happiness.</p> <p>Unskilful actions result in bad karma and suffering.</p> <p>When a Buddhist is reborn their new life will be affected by their karma from past lives.</p>	<p>Karuna</p> <p>Karuna is compassion, a feeling of concern for the suffering of others.</p> <p>It is one of the four sublime states that Buddha taught Buddhists should develop.</p> <p>Buddhists aim to recognise the suffering of others and do something to make their lives better.</p>	<p>Metta</p> <p>Metta is loving-kindness, another of the four sublime states.</p> <p>It means desiring other people to be happy and is an attitude of warmth and kindness that Buddhists try to feel toward other people.</p> <p>It leads to a feeling of peace and contentment.</p>	