

Buddhism Beliefs: Key Words and Definitions

Key Term	Definition
Buddha	<ul style="list-style-type: none"> - `Buddha` means `an enlightened person` - `Buddha` also refers to the man who started the religion of Buddhism
Dhamma	<ul style="list-style-type: none"> - The truth about what life is really life - The teachings of the Buddha (such as the Four Noble Truths)
Sangha	<ul style="list-style-type: none"> - The community of Buddhists - The people who follow the Buddha`s teachings
4 Sights	<p>When the Prince left the palace and saw:</p> <ul style="list-style-type: none"> - An old man - A sick man - A dead man - A holy man
Ascetic lifestyle	<ul style="list-style-type: none"> - When you punish your body to try and achieve some spiritual goal - The Buddha tried living an ascetic lifestyle but gave it up to meditate instead
Dukkha	<ul style="list-style-type: none"> - The word for `suffering` - The idea that life is unsatisfactory - Physical, emotional or mental suffering
Tanha	<ul style="list-style-type: none"> - `Thirst` or `craving` - `Wanting` things or wanting things to be different - Buddhists think craving is the main cause of suffering
Nibbana	<ul style="list-style-type: none"> - The wisdom that overcomes ignorance - Seeing life the way it really is - Enlightenment - Getting out of the cycle of life and death
Three Poisons	<p>Three things that cause suffering in the world and keep people in the cycle of life and death:</p> <ol style="list-style-type: none"> 1. Greed – craving and selfishness 2. Hatred – feelings of wanting to reject or hurt other things 3. Ignorance – not knowing how things really are
Four Noble Truths	<p>The first and main teaching of the Buddha:</p> <ol style="list-style-type: none"> 1. There is suffering. 2. Suffering is caused mainly by craving. 3. Suffering comes to an end when you overcome craving and achieve Nibbana 4. The Eightfold Path is the path to Nibbana
Eightfold Path	<ul style="list-style-type: none"> - The path Buddhists follow to achieve Nibbana or Enlightenment. <p>Steps 1 and 2 are about Wisdom: how you see the world</p> <p>Steps 3, 4 and 5 are about Morality: how you treat others</p> <p>Steps 6, 7 and 8 are about Meditation: how you train your mind to be calm and see the world accurately</p>

Right Speech, Right Action, Right Livelihood	<ul style="list-style-type: none"> - Steps 3, 4 and 5 of the Eightfold Path which are all about morality (how you treat others) - Speaking and acting truthfully, compassionately and without causing any harm to others - Earning your money in a way that is truthful, compassionate and does not cause harm
5 Precepts	<ul style="list-style-type: none"> - 5 basic guidelines that Buddhists follow to guide their actions and behaviour - The First Precept says that Buddhists will not cause harm to any living thing - The other Precepts are not lying; not stealing; not harming sexually; not taking intoxicating substances.
3 Marks of Existence	<ul style="list-style-type: none"> - Three things that are true about life: <ul style="list-style-type: none"> 1. dukkha – life involves suffering 2. anicca – things are always changing 3. anatta – there is no fixed self or soul
Anicca	<ul style="list-style-type: none"> - The idea that life is impermanent - Things are always changing, nothing stays the same
Anatta	<ul style="list-style-type: none"> - The idea that there is no fixed self or soul - The idea that a person is always changing
Theravada	<ul style="list-style-type: none"> - The oldest tradition in Buddhism - The `school of the elders` - The tradition of Buddhism you find in countries like Sri Lanka and Thailand
Arhat	<ul style="list-style-type: none"> - A person who has followed the Eightfold Path, achieved Enlightenment and will not be reborn. - The goal of Theravada Buddhism.
Mahayana	<ul style="list-style-type: none"> - A tradition of Buddhism that calls itself the `great vehicle` because it aims to get all people enlightened - The tradition of Buddhism you find in countries like Japan and Tibet
Bodhisattva	<ul style="list-style-type: none"> - A person who out of compassion has promised not to get enlightened until all other people are enlightened - The goal of Mahayana Buddhism
Sunyata	<ul style="list-style-type: none"> - Emptiness - The idea that nothing has any real permanent existence
Buddha-nature	<ul style="list-style-type: none"> - The belief that inside everyone and everything there is something pure and real - A popular idea in Mahayana Buddhism
Pure Land Buddhism	<ul style="list-style-type: none"> - A tradition of Buddhism in Japan and China that involves praying to a Buddha called Amitabha - The Pure Land is a heavenly place that Amitabha will take you when you die if you have faith
Amitabha	<ul style="list-style-type: none"> - A Buddha that is worshipped in Pure Land Buddhism - He created a `Pure Land` where people with faith in him can go when they die

