

Component 1: Religions

Key BITS of Information

Christianity: Beliefs and Teachings

Christianity: Practices

Buddhism: Beliefs and Teachings

Buddhism: Practices

How to use this guide

- Learn the key words for the topics - this will help with the multiple choice questions and for understanding what all questions are asking you.
- Make sure you know the beliefs, influence and teachings for the subtopics
- How to use the BITs (belief, influence, teaching):
 - 4 marker = BELIEF + INFLUENCE x 2
 - 5 marker = BELIEF + INFLUENCE x 2 + a TEACHING
 - 12 marker = 2 BITs for and 2 BITs against the statement (in PEE/L format) + a CONCLUSION

Quality of God: Just, Omnipotent and Loving

Just
 B: God is fair and just
 I: God will judge humans after death in a fair and unbiased way
 T: The Parable of the Sheep and Goats
 B: God loves them and is fair to them too
 I: influences them to try and be fair towards others
 T: And the heavens proclaim his righteousness, for he is a God of justice

Omnipotent
 B: God is all powerful and has the power to do anything
 I: his power is shown through the way he created the world
 T: God said 'Let there be light' and there was
 B: God has the power to do anything
 I: He is in control of everything and he has a plan
 T: The Almighty is beyond our reach and exalted

Loving
 B: God is all loving
 I: He loves and cares for his creation
 T: 'he sent his only son' to be sacrificed
 B: Believe that God loves his creation and wants the best for them
 I: Encouraged to love others and treat them well
 T: Love your neighbour

The Trinity: There are three persons in the one God. These are the father, the son and the holy spirit

God as the father
 B: God as the father is the powerful creator of everything
 I: He is in control of everything and he has a plan, therefore Christians trust his plan
 T: God said 'Let there be light' and there was

God as the Son
 B: God as the Son is Jesus, who came to earth in human form
 I: He was crucified to atone for humanity's sins.
 T: He himself bore our sins' in his body on the cross

God as the Holy Spirit
 B: God as the holy spirit is the power of God that works within the world today
 I: It helps to guide Christians and inspire them to follow the teachings of God/Jesus
 T: Encourages them to 'love your neighbour'

Jesus as the Son: Incarnation

B: Christians believe that Jesus was God in human form
 I: assures Christians that God's love is so great that he showed himself as a human being on earth
 T: The word became flesh and made his dwellings among us.

B: Jesus was fully human but also divine as he was God
 I: the belief that Jesus was God in human form makes it possible to believe in his teachings and follow his example
 T: he came down from heaven; and was incarnate by the Holy Spirit of the Virgin Mary, and was made man.

Resurrection

B: Jesus was brought back to life 3 days after his crucifixion
 I: proves that Jesus was God's son, so gives authority to his teaching and example and gives them stronger reason to follow his teaching
 T: he is not here; he has risen!

B: Believe the resurrection demonstrates life after death
 I: helps them overcome fear of death as they will be resurrected too
 T: I am the resurrection and the life. The one who believes in me will live, even though they die.

Crucifixion

B: Jesus' crucifixion was predicted by scripture
 I: which influences them to rely on scripture and to obey its commands
 T: was prophesied he would be 'led like a lamb to the slaughter'

B: Jesus forgave the guards who crucified him
 I: so Christians can look forward to forgiveness for their own sins.
 T: Father, forgive them, for they know not what they are doing

Ascension

B: the ascension is believed to have happened 40 days after the resurrection
 I: the ascension glorified Jesus and proved his divinity
 T: he left them as was taken up into heaven

B: this was the moment when Jesus went back to his Father in heaven, and he is still there
 I: This reinforces the importance of Jesus within Christianity and his teachings
 T: he was taken up to heaven and he sat at the right hand of God

Evil and Suffering

B: God gave humans free will and the ability to make choices
 I: Some people choose to turn away from God = moral evil
 T: The plans of the heart belong to man

B: Evil and suffering has a purpose, even if they don't know what it is
 I: It can help make a person stronger and help them appreciate the good things in their life
 T: remember that even in the midst of suffering, God's will is being done

B: God allowed humans to suffer as punishment for original sin
 I: Evil and suffering is the result of the Fall of Adam and Eve who disobeyed God
 T: the human heart is evil from childhood



Christianity: Beliefs and Teachings

Salvation

B: the law of God shows Christians how to live
 I: if people could keep God's law they would get the most out of life
 T: the Ten Commandments teach God's way, how to avoid sin and how to live a good life

B: the grace of God makes it possible for Christians to be forgiven and make a new start
 I: God sent Jesus as a Saviour, to die for the sins of everyone
 T: for it is by grace you have been saved

B: the Holy Spirit lives in Christians and makes them gradually more like Jesus
 I: Christians become the sons and daughters of God as they are part of his family
 T: Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit

Judgement

B: judgement will happen after death
 I: everyone will be raised from the dead and will face God/Jesus for judgement
 T: Parable of the sheep and goats

B: they will be judged on the basis of what they have said and done
 I: influence them to use their 'talents' for good and to help others how they have helped others
 T: Parable of Talents

Creation

B: Fundamental Christians believe that the creation story is literally true as the Bible is the word of God
 I: they reject the scientific explanations of the creation of the universe - the Big Bang Theory is wrong
 T: In the beginning was the Word, and the Word was with God and the Word was God

B: Liberal Christians believe God created the world but not exactly how it is stated in the Bible
 I: They see the Bible story as a metaphor for how God created the universe, a day represents a longer time period
 T: God said 'Let there be light' and there was

B: the belief that this world is God's creation means that God can be experienced in and through nature
 I: so Christians can look to nature for signs of God's work
 T: Through him all things were made; without him nothing was made that has been made

B: the world is God's and humanity must look after it on God's behalf
 I: basis for belief in the sanctity of life which influences debates such as abortion and euthanasia
 T: They have a duty of stewardship

Afterlife

B: The afterlife consists of either heaven or hell; depending on their actions in life
 I: will help others in need and do good deeds
 T: Parable of the sheep and goats

B: that death is not the end of life, they will be resurrected like Jesus
 I: helps them overcome fear of death as they will be resurrected too
 T: I am the resurrection and the life. The one who believes in me will live, even though they die.

Atonement

B: this is the reconciliation of God and mankind through Jesus
 I: Jesus died on the cross so mankind's sins could be forgiven
 T: He himself bore our sins' in his body on the cross

B: Atonement removes the effects of sins
 restores peoples' relationship with God and I: makes it possible for them to follow Jesus' teachings
 T: he is the atoning sacrifice for our sins, and not only ours but for the sins of the whole world

ascension	The event 40 days after the Resurrection, when Jesus returned to God,in heaven
atonement	the reconciliation between God and humanity, by the sacrificial death of Jesus.
Bible	Sacred book for Christians containing both the Old and New Testaments.
Catholic	The tradition within the Christian Church which is led by the Pope.
Christ	The leader promised by God to the Jews.
Christian	Someone who believes in Jesus Christ and follows the religion based on his teachings.
church	A building in which Christians worship.
creation	Christians believe that the world is God's loving creation.
crucifixion	The execution and death of Jesus on Good Friday.
evil	The opposite of good. A force that is seen in many traditions as destructive and against God.
the Father	The first Person of the Trinity, the creator and sustainer of the universe.
grace	The unconditional and generous love that God shows to people who do not deserve it.
heaven	The state after death of being with and enjoying eternity with God
hell	The place of eternal suffering or the state after death of separation from God for those who want no relationship with him.
holy spirit	The third person of the Holy Trinity who descended like a dove on Jesus at his baptism. Christians believe that the Holy Spirit is present and inspires them.
Incarnation	Literally 'in flesh',the idea that God took the human form as Jesus.
Jesus	1st century Jewish teacher and holy man, believed by Christians to be the Son of God.
Judgement	When God decides whether each person should receive eternal life or eternal punishment.

just	This refers to the nature of God as one who treats each individual human being fairly and equally.
law	This refers to the law of God, revealed in the Bible, which Christians are called to obey.
omnipotent	The belief that God is 'all powerful'.
The Oneness of God	The belief that God is 'One'.
original sin	The traditional belief that is still held by some Christians that human nature is basically flawed, and so humans have a tendency to go against God's will.
Orthodox	The most popular Christian tradition in some parts of Eastern Europe.
persecution	Throughout the centuries and still in some parts of the world, Christians face punishment and even death for adherence to their faith.
Protestant	The Churches that 'protested' against and broke away from the Catholic Church during the Reformation. Services are generally based more closely on the Bible
reconciliation	The process of restoring harmony after relationships between people has broken down.
resurrection	The form that many Christians believe the afterlife will take, referring to either physical or spiritual bodies.
sacrament	The outward and visible sign of an invisible and spiritual grace.
salvation	Saving the soul and deliverance from sin and admission to heaven brought about by Jesus.
sin	A thought, word or action which is wrong, which people know is wrong and which people freely choose.
the Son	The second Person of the Trinity. This is Jesus, in whom God became incarnate.
Son of God	A title used for Jesus, the second person in the Trinity; denotes the special relationship between Jesus and God.
Sources of wisdom and authority	Christians believe that the Bible, religious leaders and statements of belief,should be respected as conveying deep religious truths.
suffering	When people have to face and live with unpleasant events or conditions.
Trinity	The belief that there are three Persons in the One God. The Father, Son and Holy Spirit are separate, but are also one being.
Word	God creating the world through his Word and links this to Jesus in the statement

Worship - Liturgical
 B: same set pattern every time
 I: is led by a priest, who leads the congregation to connect to the service, such as the Eucharist
 T: This is my body which was broken for you
 B: uses set biblical passages (so for example the sermon is usually taken from a specific text)
 I: Binds the Christian community together - all brothers and sisters in Christ
 T: Our father who is in heaven (Lord's Prayer)

Worship - Non-Liturgical
 B: informal and can be done alone or in groups
 I: may have an appointed leader or no leader at all
 T: guided by holy Spirit to lead the worship
 B: may be less structured and symbolic
 I: Quaker worship is often silent and all have equal authority
 T: Garden of Gethsemane - personal prayer when suffering

Worship - Private
 B: might focus on prayer and meditation
 I: may involve only one individual and no set form of worship
 T: Garden of Gethsemane - personal prayer when suffering
 B: Jesus told his disciples to pray in private, God would see them
 I: more meaning because they are following Jesus' teaching; won't be tempted to show off
 T: when you pray, go into your private room, shut your door,

Worship - Public
 B: If they meet they can support each other to be strong in the faith
 I: Meet at least once a week; e.g. the Sunday Service
 T: In the Bible the disciples gathered with Jesus

Prayer
 B: It allows Christians to talk and listen to God
 I: This helps to keep a close relationship to God
 T: Our Father who is in heaven
 B: Gives a sense of peace and strength in times of need
 I: can ask for God's grace to forgive them
 T: Forgive us our sins

Prayer - Set Prayers/ Lord's Prayer
 B: This is a prayer from Jesus that binds Christians together
 I: They might say the prayer alone or as a group
 T: Our Father who is in heaven
 B: It is a model of good prayer as it combines praise to God with asking for their own needs
 I: It reminds them to forgive others in order to be forgiven
 T: Forgive us our sins as we forgive those who sin against us

Prayer - Informal
 B: more meaningful because a Christian cannot just copy everyone else when they worship in private
 I: they can put their heart and soul into the prayer and choose their own words
 T: Garden of Gethsemane - Jesus prayed in private "Sit here while I go over there and pray."
 B: Jesus told his disciples to pray in private because God would see them
 I: have more meaning because they are following Jesus' teaching and they won't be tempted to show off
 T: when you pray, go into your private room, shut your door,

Baptism - Infant
 B: cleans the baby of sin so they can go to Heaven
 I: Children will be cleansed with Holy Water
 T: Catholic Church is taught that only baptised people go to Heaven
 B: means that the child is brought and taught about the Christian faith
 I: parents and godparents vow to educate the child about the Christian teachings
 T: Fathers...bring them up in the training and instruction of the Lord.

Baptism - Believers
 B: allows the person to understand their promise to God.
 I: give an account of why they choose to be Christian and fully immerse their body in the water
 T: reflects the baptism of Jesus in the Bible
 B: The decision to live a life dedicated to Jesus is what saves people, not the baptism itself
 I: When asked if willing to change their lives, the person gives a brief testimony about their faith in Jesus
 T: Baptised in the name of the father, the son and the holy spirit



Christianity: Practices

Eucharist/ Holy Communion
 B: Jesus came to earth to save humanity from sin and restore the relationship with God
 I: gather on Sundays (or special occasions) to remember Jesus and reflect on his sacrifice
 T: This is my body, which is broken for you. Eat it in remembrance of me
 B: Catholic Church - the Priest has special authority that allows him to act as Jesus, to bless the wine and bread
 I: go to the altar and accept the bread and wine (from one chalice);
 T: taught that Jesus is physically present in the bread and wine (transubstantiation)
 B: Baptist Church - all people in the church have equal authority from God. They can remember Jesus in the way that they decide
 I: pass the bread and wine around (in individual cups and sometimes non-alcoholic). Some people will take it and some people will not
 T: taught that this is a symbolic practice to remember the suffering and sacrifice of Jesus (consubstantiation)

Reconciliation
 B: We are all God's children so we should love and respect one another
 I: Northern Ireland - work with school children and community to help build links and reduce conflict in this area
 T: Love your neighbour
 B: All connected and have a duty (from God) to love and care for everyone, even enemies
 I: Run courses for people who have suffered bereavement; to help families learn to forgive and reduce further violence
 T: Good Samaritan / love your enemies

Pilgrimage - Lourdes
 B: the waters heal and cleanse people of sin
 I: have ritual 'bath' in the waters or buy holy water to bring back
 T: taught a number of healing miracles have happened here and the water has healing properties
 B: Where the Virgin Mary appeared in a number of visions to a young girl (Bernadette)
 I: They will pray in the grotto for healing and forgiveness
 T: the Virgin Mary told Bernadette to dig in the ground and a spring appeared

Pilgrimage - Iona
 B: allows them to reconcile with God and be forgiven for sin
 I: pray for forgiveness or throw stones into the water; symbolises moving away from their sins
 T: Forgive us for our sins - Lord's Prayer
 B: allows Christians to spend time alone with God away from daily distractions as it is quiet
 I: they spend time praying and studying the Bible together in the quietness
 T: it as a 'thin place' where the boundaries/the veil between the physical and spiritual worlds are thinner.

Christmas
 B: God became incarnate and lived on earth; shows he understands and loves his creation
 I: Will go to church and celebrate the nativity to remind them of the story of the birth of Jesus
 T: The word became flesh and lived among us
 B: can create a beautiful and emotional experience, they can share their faith and encourage their children to develop their own Christian faith
 I: They will visit relatives, go to Church and exchange gifts
 T: symbolises the gifts from the wise men. Gold, frankincense and myrrh

Easter
 B: obey Jesus and show that they are grateful for his sacrifice.
 I: celebrate the Eucharist by eating bread and drinking wine - obeying Jesus' commandment
 T: This is my body, which is broken for you. Eat it in remembrance of me
 B: festival that remembers the crucifixion and resurrection of Jesus
 I: hot cross buns may be eaten to remind people of Jesus' death on the cross. Easter eggs represent the empty tomb of Jesus after the resurrection
 T: he is not here; he has risen!

Food Banks
 B: Everyone has a duty to care for others. All God's children and everyone is equal
 I: raise money for food banks or collect food from the community or Church
 T: Good Samaritan
 B: Everyone should be treated with agape and respect.
 I: They help others by sharing food with those who need it
 T: Love your neighbour

Street Pastors
 B: Everyone has a duty to care for others. All God's children and everyone is equal
 I: patrol the streets in towns and cities at night, helping those in need
 T: Good Samaritan
 B: Everyone should be treated with agape (and respect).
 I: They help those who are drunk by taking care of them
 T: Love your neighbour

Mission
 B: should bring people all over the world to Christ
 I: Set up schools in other countries who can't afford education. Part of their education will be about Christianity
 T: Go and make disciples of all nations
 B: bring as many people as possible to Jesus, as without him they can't achieve salvation
 I: They will try to convert people to Christianity
 T: Bible teaches that to enter heaven through Christ

Evangelism
 B: To receive the salvation of Christ, Christians must know the teachings of Christ
 I: The alpha course allows people to find out more about Christianity and to understand the teachings
 T: go into the world and preach the gospel
 B: Jesus told Christians that they have a duty to share the Christian faith.
 I: Local churches will provide community support
 T: As the father sent me, I am sending you'

Response to Persecution
 B: Duty to save others as God acted in love to save them.
 I: Pray for those who are being persecuted or try to help them get out of the country
 T: Love your neighbour
 B: They should help those who are being persecuted or those in need.
 I: They may send practical help such as food or money to charities that help e.g. Christian Aid
 T: Parable of the Good Samaritan

baptism	The sacrament through which people become members of the Church.
believers' baptism	Initiation into the Church, by immersion in water, of people old enough to understand the ceremony/rite and willing to live a Christian life.
Catholic Agency for Overseas Development (CAFOD)	A Christian charity that provides emergency and long-term aid to the developing world.
Christian Aid	A Christian charity that provides emergency and long-term aid to the developing world.
Christmas	The Feast Day commemorating the birth of Jesus
Easter	The religious season celebrating the Resurrection of Jesus from the dead.
Eucharist	Literally 'thanksgiving'. Another name for Holy Communion and a service in which the sacrificial death and resurrection of Jesus are celebrated, using bread and wine.
evangelism	Preaching the gospel (the good news about God) to convert people to the Christian faith.
food banks	This relates to Christian charities collecting donated food to distribute to the poor in Britain.
Holy Communion	Another name for the Eucharist in which the sacrificial death and resurrection of Jesus are celebrated using bread and wine.
infant baptism	Initiation of babies and young children into the Church, where promises are taken on their behalf by adults.
informal prayer	This takes the form of extempore prayer, consisting of spontaneous prayers spoken from the heart as opposed to the use of set prayers.
informal worship	Worship which has no set structure It is usually spontaneous.
Iona	An island of the west coast of Scotland founded by Columba in the 4th century. It is used by Christians today as a centre for pilgrimage and religious retreat.

Jesus	1st century Jewish teacher and holy man, believed by Christians to be the Son of God.
liturgical worship	A church service which follows a set structure or ritual.
Lourdes	A place of pilgrimage, where it is claimed that miraculous healings have taken place.
Lord's Prayer	The prayer taught to the disciples by Jesus.
mission	Literally 'sent out'. It refers to the duty of Christians to spread the gospel
non-liturgical worship	A service which does not follow a set text or ritual. This type of worship is sometimes spontaneous or charismatic in nature.
persecution	Throughout the centuries and still in some parts of the world, Christians face punishment and even death for adherence to their faith.
pilgrimage	A journey by a Christian to a holy site. Pilgrimage is itself an act of worship and devotion.
prayer	Communicating with God through words of praise, thanksgiving or confession, or requests for his help or guidance. Listening to and speaking to God.
private worship	A believer giving God praise and worship on his or her own.
sacrament	The outward and visible sign of an invisible and spiritual grace. Baptism and the Eucharist are recognized as sacraments by most Christians.
set prayers	These are prayers written throughout the centuries by Christian holy men and women, which many Christians use.
Sources of wisdom and authority	Christians believe that the Bible, religious leaders and statements of belief, eg the Apostles' Creed, should be respected as conveying deep religious truths.
street pastors	A Christian organisation consisting of people who work mainly at night on city streets, caring for those who need help.
Tearfund	A Christian charity that provides emergency and long-term aid to the developing world
worship	Offering to God the praise that he is due. This may be done in public or in private worship.

Concept of the Dharma
 B: of the Three Jewels ('the three refuges'). Buddhists turn to for guidance
 I: the central values in their life; it is a source relief from suffering
 T: To the Buddha for refuge I go. To the Dhamma for refuge I go. To the Sangha for refuge I go.
 B: it is the 'truth of the nature of existence' as discovered by the Buddha
 I: The Buddha explained it in his teachings, so follow his guidance
 T: the dharma is like a raft...useful for crossing over but not for holding onto

Dependent Arising
 B: nothing is independent, nothing comes about by itself
 I: Realise that everything is changing and not to become attached to things.
 T: All events and incidents in life are so intimately linked with the fate of others that a single person on his or her own cannot even begin to act
 B: Everyone is dependent on others and nothing is independent on its own
 I: we should show compassion and metta towards others.
 T: My religion is simple, my religion is kindness

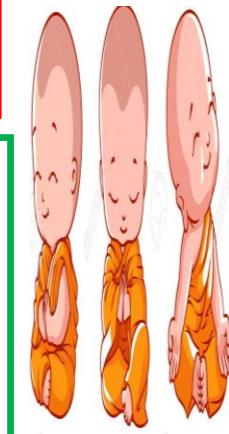
Three Marks of Existence: Anicca
 B: The idea that everything in life changes
 I: Humans have no control over birth, growth, decay so they need to come to terms with it
 T: The Story of Kisa Gotmai and the mustard seed
 B: Impermanence causes suffering
 I: try not to become attached to things as nothing lasts
 T: all conditioned things are impermanent' — when one sees this with wisdom, one turns away from suffering

Three Marks of Existence: Anatta
 B: The belief there is no fixed self
 I: Recognises that people are constantly changing and they aren't permanent.
 T: The Buddha taught that people are made up of the five skandhas / aggregates
 B: It addresses the issue of the identity of the person
 I: The illusion of the self is the main barrier to enlightenment; have accept there is no fixed self
 T: The Story of Nagasena and the chariot

Three Marks of Existence: Dukkha
 B: main goal in Buddhism is to end suffering
 I: will follow the four noble truths to understand suffering and find a solution to suffering
 T: I teach suffering and the cessation of suffering
 B: Human nature is linked to attachment and craving
 I: These are some of the main causes of suffering, they will try to avoid craving things
 T: greed leads to craving, craving leads to suffering

Human personality: Theravada: the Five Aggregates
 B: A human being is made up of the Five Aggregates
 I: Each of these aggregates changes all the time and are not fixed
 T: The teaching of anatta
 B: The five aggregates interact with each other to make up a person's identity and personality
 I: helps them to understand the process of craving and forming habits
 T: The five aggregates are: form, sensation, perception, mental formations and consciousness

Human personality: Mahayana: sunyata
 B: All beings are empty of intrinsic existence or nature and all are interlinked
 I: meaning that all are dependent on each other for existence - dependent arising
 T: teaching of sunyata - emptiness
 B: All living beings have Buddha-nature: they already have the essence of an enlightened being inside them.
 I: it is their negative emotions, desire, attachment and ignorance prevent them from attaining it
 T: All living beings can achieve Buddha-hood



Buddhist: Belief and Teachings

Human destiny: Arhat
 B: Theravada Buddhism believes that the ideal Buddhist is an Arhat
 I: they have become free from the three poisons (ignorance, greed and hatred) and will not be reborn when they die
 T: becomes an Arhat by following the Eightfold Path
 B: Arhats have achieved full insight into the nature of existence - Nibbana.
 I: Monks and nuns aim to become Arhats - fully enlightened .
 T: they achieve parinibbana - the complete state of nibbana, final liberation from samsara)

Human destiny: Bodhisattva
 B: Mahayana Buddhism think that the ideal Buddhist is a Bodhisattva.
 I: choose to remain in samsara to help others become enlightened.
 T: A person becomes a bodhisattva by developing the Six Perfections.
 B: These are supernatural figures that Buddhists can pray to for help
 I: Can save others and help them to achieve enlightenment
 T: they embody karuna (compassion) and panna (wisdom)

Human destiny: Buddhahood and Pure Land
 B: Pure Land Buddhists believe it is impossible to become enlightened in this realm
 I: They aim to be reborn into the Pure Land to be taught by Amitabha Buddha.
 T: Taught to chant Amitabha Buddha's name.
 B: Amitabha will help people to be reborn in the Pure Land
 I: Faith in Amitabha is the main focus; will worship him and make offering to him
 T: Taught to meditate on Amitabha and his paradise

Birth of Buddha and Life of Luxury
 B: A white elephant told Queen that she would give birth to a holy child
 I: Gives importance to the Buddha as she was predicted to be holy even before birth
 T: queen as the mother of the Purest-One and the child will become a very great being.
 B: Buddha was able to walk and talk as soon as he was born.
 I: He took seven steps and lotus flowers appeared under his feet
 T: he said he would not be reborn
 B: The king wanted to protect Siddharta from hardship and he grew up in luxury
 I: He wasn't happy and didn't lead to enlightenment; they need to follow the middle way
 T: Life is like the harp...the beautiful sound lies in the middle.

The Four Sights
 B: He saw an old man
 I: This demonstrates that everything changes and nothing lasts
 T: Taught that everything is impermanent - three marks of existence (annica)
 B: He saw a sick man
 I: Shows that there is no escaping suffering and it is part of life
 T: I teach suffering and the cessation of suffering
 B: Saw a dead man
 I: People are constantly changing and they aren't permanent; the cycle of rebirth
 T: There is no fixed soul - three marks of existence (anatta)
 B: Saw a holy man
 I: following the eightfold path is vital to overcome suffering and meditation can be the answer
 T: Meditation brings wisdom

Buddha's ascetic life
 B: The Buddha realised that extreme fasting was pointless
 I: Follow his guidance that the way to enlightenment lay in meditation
 T: Meditation brings wisdom
 B: His fasting didn't lead to higher wisdom but to physical and mental weakness
 I: Should lead a life in the middle way between asceticism and luxury
 T: Life is like the harp string, if it is strung too tight it won't play, if it is too loose it hangs, the tension that produces the beautiful sound lies in the middle.

Buddha's enlightenment
 B: The Buddha proved that humans can become enlightened
 I: Gives them hope that they too can reach enlightenment if they follow the eightfold path
 T: The heavens shook, and the Bodhi tree rained down flowers. He had become the "awakened one"
 B: The Buddha reached enlightenment by living the middle way
 I: Should follow his example and live a middle way between luxury and self-denial
 T: Life is like the harp string, if it is strung too tight it won't play, if it is too loose it hangs, the tension that produces the beautiful sound lies in the middle.

1st Noble Truth (dukkha)
 B: Suffering exists and we cannot do anything about it.
 I: helps them to understand what is important and how to connect with others
 T: I teach suffering and the cessation of suffering
 B: happiness and pleasures are only distractions, they can't solve suffering
 I: need to recognise that suffering is part of life and accept it
 T: the insight is simply that there is suffering without making it personal

2nd Noble Truth cause of suffering
 B: suffering is caused by selfish craving and desire
 I: try to avoid craving and becoming attached to things
 T: everything is impermanent - three marks of existence (annica)
 B: We suffer because we are ignorant about the nature of reality, we are motivated by greed.
 I: this leads to feelings of hatred; Buddhists try to live a life motivated by kindness
 T: The three poisons keep people trapped in the cycle of samsara

3rd Noble Truth the end of suffering
 B: There is an end of suffering and they can reach enlightenment
 I: Helps them to know that suffering can be overcome and will end - gives hope
 T: fading away and cession of craving
 B: Suffering can be ended by overcoming craving
 I: become less attached to things; they will suffer less when those things change or disappear
 T: impermanence - one of the three marks of existence (annica)

4th Noble Truth the eightfold path
 B: There is a 'cure' for suffering; the eightfold path
 I: you can overcome suffering by following the eightfold path
 T: Right speech, right action, right livelihood, right effort, right mindfulness, right concentration, right understanding, right intention
 B: Buddha taught that people should live a moderate life between the two extremes of luxury and asceticism.
 I: to follow the middle way.
 T: Life is like the harp string, if it is strung too tight it won't play, if it is too loose it hangs, the tension that produces the beautiful sound lies in the middle.

Anatta	No fixed self, no soul;
Ānicca.	Impermanence, instability, not permanent
Arhat	A perfected person.
Ascetic	A life free from worldly pleasures, often with the aim of pursuing religious and spiritual goals.
Bodhisattva	A being destined for enlightenment, who postpones final attainment of Buddhahood in order to help living beings.
Buddha	the enlightened one.
Buddhahood	Enlightenment
Buddha-nature	The fundamental nature of all beings, which means that all beings can attain Buddhahood
Buddha rupa	An image of a being that has achieved Buddhahood
consciousness	The fifth of the Five Aggregates. Awareness of something without or before recognition (perception)
dependent arising	The belief that everything in existence is because other things are. The idea that everything is interconnected and that everyone affects everyone else
dhamma.	Universal law; ultimate truth; the teachings of Buddha
Dhammapada	A sacred text of the Pali tradition with 426 verses
Dukkha	Suffering; ill; everything leads to suffering
The Eightfold Path	The fourth Noble Truth. The Middle Way. The way to wisdom; mental training and the way of morality
Enlightenment	Wisdom or understanding enabling clarity of perception; this allows a Buddhist to be freed from the cycle of rebirth
the Five Aggregates	The five skandhas of form, sensation, perception, mental formation, consciousness. The idea that one's being is composed of these five factors.
form	The first of the Five Aggregates. It refers to matter, to the sense organs and the objects of their experience
the Four Noble Truths	Dukkha, Samudaya, Nirodha, Magga (suffering, the cause of suffering, the end of suffering, the path to the end of suffering).
the Four Sights	Gautama's four encounters with illness, old age, death and a holy man
greed	One of the Three Poisons, it is the attachment to material things, sensual desire
hate	One of the Three Poisons, it is about wishing others harm, anger, hostility etc.

ignorance	One of the Three Poisons, it is the inability to see things as they really are
Impermanence	The idea of instability, nothing being permanent
Magga	The Eightfold Path. 'The Middle Way' which leads to freedom from suffering (The Fourth Noble Truth).
Mahayana	A form of Buddhism which includes both the lay and monastic communities. Focuses on achieving enlightenment for the sake of all beings
nibbana	A state of perfect peace where the individual experiences liberation from the cycle of birth, death and rebirth.
paticcasamupada	The belief that everything in existence is because other things are. The idea that everything is interconnected and that everyone affects everyone else
perception	The third of the Five Aggregates. The ability to distinguish between different objects that we experience through our senses. It enables memory
Pure Land	This is the dominant form of Buddhism in Japan and focuses on chanting the name of Amitabha Buddha
rebirth	This refers to the belief that when a person dies he / she is reborn and that this process of death and rebirth continues until nibbana is attained
Samudaya	The causes of suffering (the Second Noble Truth).
sensation	The second of the Five Aggregates. It is about the feelings that arise from our sense organs making contact with their objects
skandhas	The Five Aggregates of form, sensation, perception, mental formation, consciousness. The idea that a person consists of these five factors.
sunyata	Literally 'emptiness'. The absence of an intrinsic nature (or identity) in all phenomena
tanha	Craving / desire, which causes suffering. The attempt to grasp at the things we enjoy
Theravada	The kind of Buddhism found in Sri Lanka and Thailand.
the Threefold Way	A term that refers to three divisions of the Eightfold Path into ethics, meditation and wisdom
the Three Marks of Existence	Sometimes known as the Three Universal Truths: dukkha, anicca, anatta
the Three Poisons	Ignorance, greed and hate
the Three Refuges	Buddha, Dhamma, Sangha.
the Three Universal Truths	Dukkha, anicca, anatta (unsatisfactoriness, impermanence, no self). Also known as the Three Marks of Existence
mental formations	The fourth of the Five Aggregates. They refer to mental activities which direct a person to good, bad or morally neutral actions. They produce good or bad kamma

Temples

B: Important as Buddhists can study and practise together
 I: they can work on improving themselves - their attitudes and actions
 T: Following the guidance of the eightfold path
 B: important to as they allow Buddhists to reflect on the teachings of the Buddha.
 I: meditate in quite places (gompa) in order to focus on the teachings of the Buddha
 T: Meditation brings wisdom. A lack of meditation leaves ignorance

Monasteries

B: important place as it is where monks or nuns live a simple disciplined life of study
 I: Easier to focus on worship and on Buddhists teachings.
 T: I take refuge in the Buddha. I take refuge in the Dharma. I take refuge in the Sangha'
 B: important as some young people undergo their education
 I: meditate in quite places (gompa) in order to focus on teachings of the Buddha
 T: Meditation brings wisdom. A lack of meditation leaves ignorance

Shrines

B: important to as they allow Buddhists to reflect on the teachings of the Buddha.
 I: make offerings to show gratitude for the Buddha's teachings
 T: Offerings of flowers symbolises impermanence, as they wilt and decay. B: are a focal point for meditation; to develop Buddha qualities themselves
 I: they may have an image of the Buddha. To practice compassion and patience.
 T: Meditation brings wisdom. A lack of meditation leaves ignorance

Worship

B: Believe chanting is a practice that increases understanding of the Buddha and teachings
 I: chant the three refuges to help calm and focus the mind
 T: 'I take refuge in the Buddha. I take refuge in the Dharma. I take refuge in the Sangha'
 B: believe mantras help to concentrate the mind and is a form of meditation.
 I: will repeat a sequence of sacred syllables to connect to the spiritual qualities of the Buddha.
 T: Meditation brings wisdom. A lack of meditation leaves ignorance

Visualisation of the Buddha

B: Tibetan Buddhists will visualise a deity and they will focus on the spiritual qualities of the deity.
 I: Imagine themselves as the deity to awaken their Buddha-nature and achieve enlightenment
 T: 'The Medicine Buddha' helps to reduce suffering and promote healing. B: believe it is important to use a mandala, colourful circle-shaped pattern, which symbolises the universe
 I: used to help them imagine and call to mind the deity.
 T: reminds them of the teaching of impermanence.

Meditation

<p>Samatha B: a type of meditation that involves calming the mind and developing deeper concentration I: during samatha meditation, there is a focus on one object which is a preparation for developing wisdom and understanding the nature of reality T: Meditation brings wisdom. A lack of meditation leaves ignorance</p>	<p>Vispassana B: in vipassana everything can be explored objectively including things that are personal to the meditator I: for example, in vipassana, there might be a reflection on the body and how people can become attached to their bodies. T: This allows them to focus on the key teachings of three marks of existence</p>	<p>Walking B: It is possible to meditate while walking. I: This consists of walking slowly and combining the movement of the feet with the in and out breath. T: 'Your objective is to attain total alertness, heightened sensitivity and a full, unblocked experience of the motivation of walking.</p>
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Karma

B: can explain how actions lead to happiness or suffering
 I: follow the rules of Buddhism and live a life of metta and karuna.
 T: give them the opportunity to break out of the cycle of samsara
 B: not just the actions that are important but the motivation behind
 I: do good actions motivated by kindness, as suffering and unhappiness is the result of either bad actions or being motivated by greed and hatred
 T: 'one might be freed from evil action'

Karuna

B: helps to reduce the suffering of others.
 I: might donate to charities such as Rokpa to help those in need
 T: 'the key to a happier and more successful world is the growth of compassion'.
 B: is an essential quality to develop; it is one of the four sublime states.
 I: important in Mayhana Buddhism in order to become a Bodhisattva.
 T: 'To stay in the cycle of samsara to help others achieve enlightenment

Metta

B: Metta will lead to happiness and peace.
 I: to be more caring and kind towards others.
 T: "My religion is very simple. My religion is kindness"
 B: Metta can help to overcome suffering and to achieve enlightenment
 I: reduces the acting out of negative emotions such as the greed, hatred and ignorance (the Three Poisons).
 T: I only teach suffering and the way out of suffering



Buddhist Practices

Wesak

B: important as it celebrates the whole life of the Buddha (birth, enlightenment and death)
 I: reflect on the Buddha and to try to follow his guidance.
 T: the Dhamma is similar to a raft, being for the purpose of crossing over
 B: important as it allows Buddhists to focus on the teachings of the Buddha (the Dharma).
 I: helps understand there is suffering and how to find relief from suffering (Four Noble Truths)
 T: I teach suffering and the way out of suffering

Parinirvana

B: celebrates the death of the Buddha.
 I: honours the Buddha's passing into nirvana and allows Buddhists to reflect on their enlightenment
 T: opportunity to break out of the cycle of samsara
 B: Parinirvana Day gives them time to commemorate their loved ones who have died.
 I: influences them to reflect on their own death and to remember those who have passed away recently
 T: This emphasises the teaching of impermanence.

Five Moral Precepts

B: Buddhists believe that the five moral precepts act as an ethical code, to live an ethical and moral life.
 I: Buddhists would try to avoid causing harm and suffering to others, as the first moral precept is the most important
 T: Whoever destroys a living creature...digs up his own root here in this very world.
 B: Buddhists believe the precepts should be practised voluntarily, to help purify the mind of greed, hatred and ignorance.
 I: They would apply them sensitively, it might be ethical to lie if it is motivated in kindness
 T: Following the teaching of 'right intention' from the eightfold path

refraining from:

1. harming living things.
2. taking what is not given.
3. sexual misconduct.
4. lying or gossip.
5. taking intoxicating substances eg drugs or drink.

Six Perfections

B: Mahayana Buddhists believe the six perfections are the six qualities they need to develop to become Bodhisattvas
 I: This influences them to follow the five moral precepts to reduce suffering towards others.
 T: To abstain from taking life...to abstain from intoxicants that cloud the mind.
 B: Buddhists believe that meditation helps them to develop concentration and awareness.
 I: By focusing on the Buddha's teachings it allows them to achieve wisdom and understand the nature of reality.
 T: Meditation brings wisdom. A lack of meditation leaves ignorance

1. the perfection of generosity (*dana paramita*)
2. the perfection of morality (*shila-paramita*)
3. the perfection of patience (*kshanti-paramita*)
4. the perfection of energy (*viry-paramita*)
5. the perfection of meditation (*dhyana-paramita*)
6. the perfection of wisdom (*prajna-paramira*)

Death and Morning Ceremonies

<p>Theravada B: when they die, their karmic energy leaves their body and is reborn in a new one. I: this means they spend as little money as possible and donate to charity to transfer karmic merit to the deceased. T: give them the opportunity to break out of the cycle of samsara and achieve enlightenment B: Believe in cremating the bodies I: monks lead the funeral and remind everyone present of the truth of anicca (impermanence). T: The world is afflicted by death and decay. But the wise do not grieve, having realized the nature of the world</p>	<p>Japan B: In Pure Land Buddhism, they believe the coffin should be placed with the head pointing west, towards Sukhavati. I: They chant Amitabha's name to help the person reach the Pure Land. T: This is based on the teaching that Amitabha will help them to reach enlightenment. B: Believe in cremating the body. I: Flowers, incense and a candle are placed near the deceased's bed. T: These remind them of the teaching of impermanence</p>	<p>Tibet B: Buddhists believe the deceased's body should be left in a high place as a gift to vultures I: This is because they have a lack of wood for cremation and the ground is too frozen for a burial. T: The mourners would focus on the teaching of impermanence and rebirth. B: Tibetan book of the Dead is read to the dying and deceased. I: because it helps to achieve enlightenment T: by breaking out of the cycle of samsara and reaching nirvana.</p>
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chanting	Singing or intoning
compassion	Karuna. Pity. Part of the spiritual path.
concentration	Focusing one’s attention
devotional ritual	Puja. A ceremony that involves meditation, prayer and offerings.
energy	One of the six perfections, it relates to making a courageous effort to attain enlightenment
ethics	Sila. Moral conduct
the five moral precepts	To not kill any living being, refrain from stealing, refrain from wrongful sexual activity, refrain from lying, refrain from taking drugs and alcohol that cloud the mind.
generosity	One of the six perfections. The sincere and selfless desire to benefit others with no expectation of reward
gompas	Tibetan monasteries associated with learning
intoxicants	Substances that cloud the mind
Jataka	The Jataka Tales are stories about the previous lives of the Buddha
kamma/karma	Literally 'action'. Deliberate actions that affect the believer's circumstances in this and future lives; cause and effect.
karuna	Compassion or pity. Part of the spiritual path.
loving kindness	Metta. A pure love which is not possessive and which does not seek to gain.
mantra recitation	A short sequence of words or syllables chanted repetitively as a form of meditation
malas	Strings of beads, used as a prayer aid
meditation	A spiritual experience that opens a person up to the highest state of consciousness. One of the six perfections
metta	Loving kindness. A pure love, which is not possessive and which does not seek to gain.
mindfulness of breathing	A form of meditation. It entails focusing on breathing, both inhalation and exhalation
monasteries	Viharas. Buildings that house monks and nuns

morality	One of the six perfections. It entails following the five moral precepts
panna	Insight into the true nature of reality
Parinirvana Day	A festival in Mahayana Buddhism that celebrates the death of the Buddha and his attainment of final nibbana. It is most often celebrated on 15th February
patience	One of the six perfections. Tolerance, forbearance, endurance
puja	The name given to ceremonies that involve meditation, prayer and offerings. Devotional ritual
retreats	Temporarily leaving one’s everyday life and going to special places to aid spiritual development
samadhi	Meditation, the spiritual experience leading to the highest form of consciousness
samatha	Concentration and tranquility. A method of meditation; a state of calmness.
shrine	A room or part of a room which contains a statue of the Buddha, candles and an incense burner
silā	Ethics / moral conduct
the six perfections	Guides in Mahayana Buddhism to lead one to enlightenment
temple	A structure reserved for religious or spiritual activities, such as prayer.
tranquillity	A state of peace and calm
viharas	Monasteries. Buildings that house monks and nuns
vipassana	Insight into the true nature of things; meditation.
visualisation of Buddhas and Bodhisattvas	Imagining an image of a Buddha , focusing on it, on the qualities of a Buddha and with the aim of becoming one to help others
Wesak	A Buddhist festival celebrating the Buddha's birth. For some Buddhists it also celebrates his enlightenment and death
wisdom	Insight into the true nature of reality. One of the six perfections and in Mahayana Buddhism, it is the realization of sunyata, the ‘emptiness’ of all phenomena
zazen	This is the main form of meditation in Zen Buddhism and is practised while sitting cross-legged
Zen	It focuses on the value of meditation and intuition rather than ritual worship and study of the scriptures