

Buddhist Practice Recall Pack

Links to Faith in Five video revision

Knowledge Organiser

Ultimate Question List

Recall mat

	Key terms
Rupa	Statue of Buddha
Dhammapada	Collective teachings of the Buddha (holy book)
Tripitaka	Buddhist holy book containing the dharma.
Mala	Prayer beads to help meditation and chanting
Mantra	Short religious phrase that is chanted (e.g. Om mani padme hum)
Meditation	Focussing deeply
Samatha Meditation	Meditation that focuses on clearing the mind. Buddhists may focus on a single object or their breathing)- both Theravada and Mahayana Buddhists do this.
Vipassana Meditation	Meditation that focusses on the dharma. It is usually done after samatha. Theravada Buddhists do this.
Visualization	Where Buddhists 'visualize' themselves as a Buddha to unlock their Buddha-nature
Parinirvana Day	A Mahayana festival that celebrated the enlightenment and passing on of the Buddha.
Wesak	Theravada festival celebrating the birth, life, enlightenment and death of the Buddha.
6 Perfections	Mahayana qualities you need to become a Bodhisattva (P atience, M orality, M editation, W isdom, G enerosity and E nergy)
Sunyata	Emptiness (of the mind)
4 Sublime states	4 Qualities needed to become a perfected being in Mahayana Buddhism (Metta, Karuna, Calmness, sympathetic joy).
Metta	Loving kindness
Karuna	Compassion
Gompa	Meditation hall
Vihara	Monastery
Shrine	An area with items to help Buddhists worship. May contain candles, flowers, rupas or thangkas.
Stupa	A structure/tower containing relics. It can have 8 rings and 4 corners to represent the 8FP and 4NTs. It points 'up to Nirvana.'

Key teachings

Mourning Ceremonies

Also known as funerals, these can be done as cremation (burning), sky burials (feeding the bodies to vultures) or as a Pure Land Burial (chanting Amitabha in order to send the person to Sukhavati Heaven). By watching the skandhas get burned or torn apart, Buddhists are reminded of Anicca and anatta and the need to avoid attachment.

Samatha Meditation

This is where Buddhists will focus on a kasina (such as their breathing, a rupa or a red dot) to clear their mind. This will give them 'right concentration' on the 8FP/3FW and it is similar to how the Buddha achieved enlightenment.

Vipassana Meditation

This type of meditation focuses on the dharma. For example, on the 8 fold Path. By internalising the dharma, Buddhists increase their chance of reaching Nirvana as they will always act with it in mind.

Visualisation

Through looking at a thangka or rupa and imagining they have achieved Buddhahood, Buddhists unlock their Buddha nature. This is the potential to become a Buddha which we all have whether monk, lay, male or female.

Zen Meditation

This is 'sitting meditation' where the Buddhists sits on a zazen cushion. It is neither too comfy (like Palace life) or too un-comfy (like ascetic life), thus it reminds Buddhists of the middle way. The Buddha was enlightened in a similar way. Some variations include Zen archery or walking meditation so believers can learn to meditate while doing

Loving Kindness meditation

This is where Buddhists imagine showing love to family, a friend, a stranger a person they dislike and their worst enemy. It helps them develop metta which leads to doing good actions to even the most challenging people! This gains good karma.

Puja

Worship in Buddhism does not mean worshipping Buddha, but acknowledging the 'worth' of the dharma. Buddhists will use different places of worship to help them as well as different items such as sand mandalas. These sand patterns are complex and take a long time to make. They are then destroyed to remind Buddhists about Anicca. By learning the dharma, Buddhists gain good karma and develop 'right understanding'

The 3 Refuges

Buddhists take 'refuge' or shelter from suffering. They do this through the **Buddha**- he gives hope it is possible to reach Nirvana through his example. **Dharma**- If we follow the dharma and gain good karma we can reach enlightenment. **Sangha**- By becoming a monk and following all ten precepts (5 lay & 5 monastic), Buddhists can reach Nirvana.

Retreat

As well as going on pilgrimage, Buddhists may go on retreat. This can be anywhere (such as a Buddhist centre, a cave, somewhere to be alone). Here, they will practise meditation, the dharma and try and reach Nirvana without distraction just like when Buddha retreated to the Bodhi tree.

Key Quotes

Meditation

Meditation frees us from Mara's fetter' Buddha

'Peace comes from within' Buddha

'What we think we become' Buddha

Life of Buddha

'Legs like bamboo...back like a rope' Jataka

'3 mansions- one for winter, one for Summer and one for the Rainy Season' Jataka

'I vow to sit here until I reach enlightenment...or die' Jataka

Focussing on Nirvana

The poison dart analogy. (Buddha)

The Sitar analogy (Buddha)

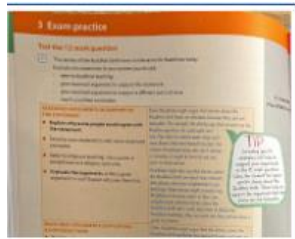
Further quotations

'If you see the Buddha on the road...kill him'
Tich Naht Hahn

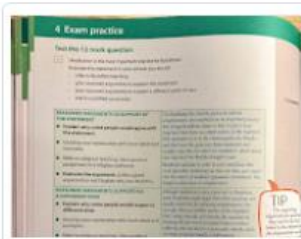
Nirvana is 'ineffable' William James.

'No one can save us but ourselves' Buddha

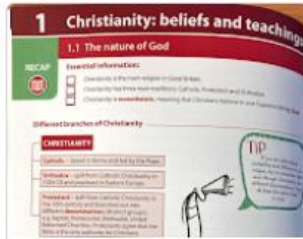
'My religion is kindness' The Dalai Lama



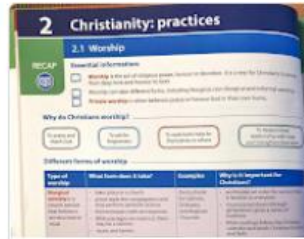
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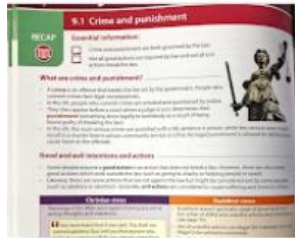
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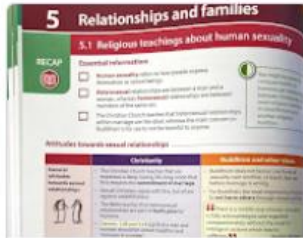
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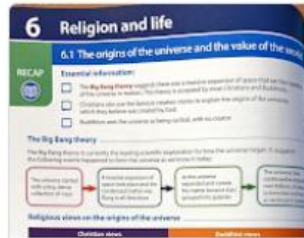
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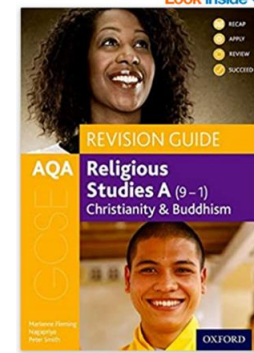
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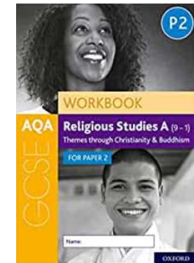
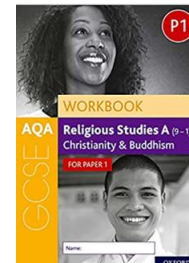


Revision guides



AQA GCSE Religious Studies A (9-1)

The revision guide accompanies 2 workbooks, one for each of the 2 papers. These can be bought online new or second hand.



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Ultimate GCSE Questions List

Paper 1- Buddhist Practise

4 markers

Give two different ways that a Buddhist can worship.

Give two ways that the life of the Buddha influenced how Buddhists worship.

Explain two different Buddhist places of Worship.

Give two contrasting ways that a Buddhist might conduct a funeral/ burial.

Give two different Buddhist methods of meditation.

Explain two elements of the 6 Perfections.

Explain two similar features of Buddhist funerals in different traditions.

Explain two ways in which Wesak is important in the life of a Buddhist.

Explain two ways in which Parinirvana Day is important in the life of a Buddhist.

Give two ways that Buddhists are influenced by the 5 regular precepts.

Give two ways that monks are influenced by the 5 extra monastic precepts.

Explain two contrasting forms of Buddhist worship.

Explain two features of Buddhist temples.

Explain two features of Buddhist Puja.

5 markers

Explain two ways in which Buddhists are influenced by the 6 Perfections.

Explain two ways in which Buddhists are influenced by Karuna.

Explain two ways that Buddhists respond to the teaching of Matta.

Explain two different Buddhist teachings on meditation.

Explain two different ways that a Buddhist temple can help them to reach Nirvana.

Explain two different ways that Buddhist celebrate the life of the Buddha.

Explain two different ways Buddhist celebrate Wesak.

Explain two different ways that Buddhist conduct a funeral.

Explain two similar ways in which Buddhists deal with bodies after death from two different Buddhist traditions.

Explain two ways in which the 5 regular Buddhist precepts are important in the life of a Buddhist.

Explain two reasons why a Buddhist might go on a retreat.

Explain two ways in which Buddhists are reminded on Anicca when they worship.

Explain two reasons why some Buddhists think Zazen meditation is important.

Explain two reasons why Buddhists think visualization is important.

Explain two Buddhist teachings on the importance of puja (worship)

12 markers

‘Vipissana meditation is the most important type of meditation’

Zazen meditation is more important than Samatha meditation’

‘A sky burial is a better form of funeral than a cremation’

‘Wesak is the most important celebration in Buddhism’

‘It is not important to worship using worship artefacts’

‘You don’t really need to worship at a Buddhist temple’

‘All Buddhists should celebrate Parinirvana Day’

‘Meditation is more important than doing good actions’

‘Compassion (Karuna) without wisdom is not helpful’

‘Buddhists don’t need to go on retreat to reach Nirvana’

‘If a monk does not follow the 5 extra precepts, they will not become enlightened’

‘Meditation is the most important type of Buddhist worship’

Explain the following mourning ceremonies/ rituals (Give features and benefits).

Sky Burial.

Cremation

Bure Land Burial

Explain the following festivals:

Parinirvana Day:
What does it celebrate?

What do they do to celebrate?

Wesak:
What does it celebrate?

What do they do to celebrate?

Explain each type of meditation

Samatha

Vipissana

Visualisation

Zen meditation

Loving Kindness meditation

Give 5 different examples of how Buddhists puja (worship) to get good karma.

Explain how Buddhists are influenced by the 3 refuges. Give 2 things for each.

Buddha

Dharma

Sangha

Describe each place of worship and how it helps Buddhists reach Nirvana.

Gompa

Temple

Stupa

Vihara

Shrine

Anywhere

Explain how Buddhists are influenced by the 4 Sublime States.

- Metta
- Calmness
- Sympathetic Joy
- Karuna

Name two Buddhist holy books they might use to seek wisdom

Why might a Buddhist go on retreat?