



Questions

1. 'I take refuge in the *Dharma (Dhamma)*.'
- (a) Outline the contents of the *Tripitaka* and state why it is called the three baskets (8 marks)
 - (b) Explain the effect on a Buddhist's daily life of taking refuge in the *Dhamma*. (7 marks)
 - (c) Which of the Three Refuges do you think is the most important for upholding Buddhist attitudes to life? Give reasons in support of your choice. (5 marks)
- (Total 20 marks)

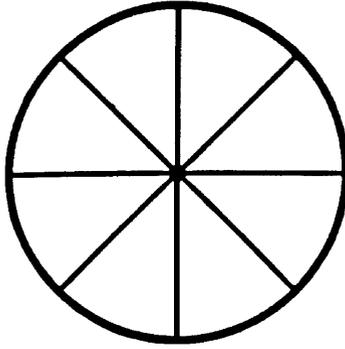
(SEG SYL A Paper 2167/2 June 1995)

2. Questions (a)–(d) can be answered in a single word, phrase or sentence. Question (e) requires a longer answer.
- (a) What does the title *Buddha* mean? (1 mark)
 - (b) What is *Anicca*? (1 mark)
 - (c) Which section of the *Tripitaka* gives rules for monks? (1 mark)
 - (d) List two of the Three Jewels in which a Buddhist promises to take refuge. (2 marks)
 - (e) Explain the main features of **one** method of meditation. (5 marks)
- (Total 10 marks)

(SEG Paper 1480/1, Section A, 1998 Short Course Specimen Questions)

3. (a) How would you recognise a Buddhist monk? (2 marks)
- (b) Choose **one** of the five precepts.
- How do Buddhists try to put this precept into practice? (6 marks)
- (c) Explain why special rules are observed by monks and nuns. (8 marks)
- (d) 'Everyone needs rules to live by.'
- Do you agree? Give reasons for your answer, showing you have considered another point of view. (4 marks)
- (Total 20 marks)

(London (1479) Specimen Papers for May/June 1999)



4. (a) What does this symbol represent? [2]
(b) How did the life of Siddharta Gautama (the Buddha) reflect his teachings. [6]
(c) Explain the importance of the Three Universal Truths in the life of a Buddhist. [7]
(d) 'Buddhism is a more a way of life than a religion.'

Do you agree? Give reasons to support your answer and show that you have thought about different points of view. [5]

(MEG Sample paper, Summer 1998)

5. (a) Explain the meaning of **two** of the following parts of the eightfold path: [4]
(i) Right Livelihood,
(ii) Right Mindfulness,
(iii) Right Intention.
(b) What is the purpose of meditation within the eightfold path? [6]
(c) 'The practice of meditation is essential in following the Buddhist path.' [10]

Do you agree? Give reasons for your answer, showing that you have thought about more than one point of view.

(NEAB SYL A Short Course Paper 1, 21 May 1997)



Buddhism: a glossary

Abhidhamma (Abhidharma)

'Further or Higher Teaching'; the philosophy and psychology of Buddhism in the abstract

Abhidhamma Pitaka (Abhidharma Pitaka)

The third section of the Canon of scripture of the *Theravada* Buddhists, it is abstract and impersonal, concerned with analysis of psychical and mental phenomena. It is a systematic philosophical and psychological treatment of the teachings of the first two sections, the *Sutta* and *Vinaya Pitakas*

Acanja

Spiritual master in monastic life

Agama

In *Mahayana* Buddhism, a collection of scripture regarded as authoritative, originally written in Sanskrit. Also Chinese translations of the *Sutras* or Sermons as collected by the *Sarvastavadin* school of *Hinayana* Buddhism

Ahara

In a material sense it is nourishment; in a logical sense it is the condition for an object's existence

Ahimsa

The doctrine of non-violence, harmlessness, respect for life; part of the *Eightfold Path* that forbids the taking of life, including the killing of animals for food

Akusala

Pali: 'unwholesome', evil, brings about bad *karma*, and bad reincarnation; the urge towards greed, hate or delusion

Amida

The Buddha of immeasurable light (see Amitabha)

Amitabha/Amitayus

In *Mahayana* Buddhism, the transcendent Buddha of Infinite Light (*Amida* in Japanese)

Anusmrti (Anapanasati)

Mindfulness of the breath, associated with the development of concentration and calm, and in the training of insight

Anatta (Anatman)

'No self' or 'no soul'; denial of permanent personal self

Anguttara nikaya

Expositions classified by a numerical system (in the *Sutta Pitaka*)

Annica (Anitya)

The doctrine of the impermanence of all things

Arhat (Arahat, Arahant, Arhant)

'Enlightened disciple': the fourth and highest stage of realisation in *Theravada* tradition, when the mind is free of hate, greed and delusions

Ariyatthagikamagga

The Noble *Eightfold Path*

Arupa-dhatu

The world of formless, superhuman activity, the highest meditative world

Ashoka (Asoka)

Emperor of India (273–232 BCE); disliked war, became a Buddhist and called a council to regulate monastic order and lay piety

Atta (Atman)

Self, soul, the illusory ego

Avalokitesvara

One of the greatest *bodhisattvas*, he is ‘the Lord who is seen’, or ‘the Lord who lowers his gaze towards humanity in compassion and the wish to help’; worshipped as the feminine kwan Yin in China, or K(w)annon in Japan

Bhikkhu (Bhikshu)

Buddhist monk of the *Theravada* school (from a word meaning ‘beggar’, emphasizing the poverty of *sangha* members)

Bhikshuni (Bhikkhuni)

Buddhist nun

Bo

The tree under which the Buddha was meditating when he found Enlightenment

Bodhi

Enlightenment; the spiritual condition of a *buddha*, *bodhisattva* or an *arhat*

Bodhidharma

The 28th Patriarch in line from the Buddha, he took Zen from India to China around 520 CE; he was the first Patriarch of Zen in China

Bodhisattva (Bodhisatta)

In *Mahayana* Buddhism, one who has attained Enlightenment, but renounces entry into full *Nibbana* to help others; also, a ‘Buddha to be’ or one on the way to Enlightenment

Bompu Zen

‘Ordinary’ *Zen*, the first of the five types of Zen

Brahmacariya

Lit: ‘holy living’ term for chastity, sexual abstinence, a life of discipline

Brahma Viharas

The four spiritual abodes, states of mind or sublime states: love or loving kindness (*metta*), compassion (*karuna*), sympathetic joy (*mudita*), serenity or evenness of mind (*upeksa*) *Brahmim* – highest or religious/priestly caste

Buddha

‘Enlightened One’ or ‘Awakened One’; *Mahayana* Buddhism recognizes more than one Buddha

Butsudan

Japanese altar to the Buddha which is set up in the family home. Ancestral memorial tables are kept there and it is the focus of prayers and offerings

Ch’an

See *Zen*

Cittamatra

The aspect of *Nibbana* as Nothing but Thought

Dai jo Zen

The fourth of the five types of *Zen*; *Mahayana Zen*

Dalai Lama

‘Great Ocean’; the head of Tibetan Buddhism, leader of the Yellow Hat monks, he is seen as the reincarnation of the *bodhisattva* Chenresi

Dana

‘Generosity’, ‘giving’

Deva

The shining ones, superhuman, spiritual beings

Dhammakaya

One of the 3 different aspects of Buddha’s nature in *Mahayana* doctrine ‘eternal teaching or essence’

Dharma (Dhamma, Dharam)

‘Path’, ‘Truth’, ‘Right’; teachings of the Buddha

Dhammapada

A scripture of the Pali Canon with 423 verses in 26 chapters

Dharana

The beginning of meditation, fixing thought on a single object

Dharma-cakra

Wheel of the law

Dharmavinaya

The Doctrine or Discipline which was the basis for community religious life in early Buddhism

Dhyana (Jhana)

More advanced meditation; intense or ecstatic concentration

Digha nikaya

Long commentaries in the Sutta Pitaka

Duhkha (Dukkha)

The first of the Four Noble truths; suffering

Gatha

Hymn or set of verses composed by Buddhist monks who are in a state of spiritual insight

Gautama (Gotama)

Family name of the Buddha

Gedo Zen

The second of the five types of Zen (Lit: 'the outside way')

Gompa

Monastery, place of meditation

Hinayana

'Lesser Vehicle' or 'Small Vehicle': in *Mahayana* Buddhism this is the doctrine of the Elders or *Theravada* Buddhists of Sri Lanka and South East Asia; The conservative interpretation of Buddhism

Jataka

'Birth story': accounts of the previous lives of Buddha

Jhana

Buddha's trance

Jiriki

Lit: 'self' or 'own power': how the Pure Land sects describe *Zen*; the way of salvation by self effort

Kama

Pleasure or desire, the chief obstacle to spiritual progress

Kama-dhatu

The plain of material desire or passion

Kapilavastu

The birthplace of Buddha

Karma (Kamma)

'Action': actions that affect circumstances in this and future lives; Buddha said that the effect depends on deliberate intention in actions

Karuna

Compassion: one of the two pillars of *Mahayana* Buddhism (the other is Wisdom [*Prajna*]); the second of the *Brahma Viharas*.

Kashaya (Kesa)

The robe of a monk, nun, or priest

Kattandiya

Leaders of Buddhist ritual in Sri Lankan villages

Kaya

The material body; it can also mean the 'body of the Law'

Khandha

See Skandha

Khuddaka nikaya

Minor expositions in the Sutta Pitaka

Klesa (Kilesa)

Emotional defilement or 'fire': greed, hatred and delusion

Koan

Lit: 'a problem' or 'a riddle': in *Zen* it is a riddle or paradoxical question which cannot be solved by the intellect, and which is used to develop intuition

Kshanti

Patience, forbearance

Kshatriya

Second or warrior class

Kusala

Personal liberation

Kwan Yin (Kwannon)

The name of the Mahayana Bodhisattva of great mercy, represented by a woman with a child; The protector of women and children

Lama

Tibetan Buddhist priest; teacher or one who is revered

Lotus sutra

Chief scripture of the T'ien T'ai sect

Madhyamika

School of philosophy founded by Nagarjuna in 2nd century BCE, it holds a middle position between realism and idealism

Magadhi

The language of the community into which the Buddha was born

Mahapara-nibbanasutra

Lit: 'the sutra of the great final appearance', an account of the passing of the Buddha

Mahasanghika

The followers of the Great Sangha party of Buddhism; these accepted the findings of the Second Council

Mahayana

The Great Vehicle, or major part of Buddhism, its main features are the *Bodhisattva* Ideal, the 'wisdom' of the *Theravada* school, and compassion; it is universalist in appeal

Maitreya

The Buddha who is to come; the friendly, benevolent one

Mala

String of 108 beads (Japanese: *Juzu*)

Manas

A sixth sense which co-ordinates the perceptions of the other five senses

Mantra

A sacred formula or chant

Marga (Magga)

'Path' leading to the end of suffering; fourth Noble Truth

Mara

The Evil one who tried to tempt Buddha away from Enlightenment

Metempsychosis

Lit: 'the transfer of the soul from one body to another'; the doctrine of the cycle of rebirth

Metta (Maitri)

The subject of the *Metta Sutta*: the doctrine of good will towards all; also 'loving kindness', a pure love in which there is neither grasping nor attachment

Metteya

A future Buddha

Miccha

That which is false

Middle Way

Buddha's recommended path between extreme materialism, and sensual indulgence on the one hand, and severe asceticism on the other

Mudita

The third of the *Brahma Viharas*: 'sympathetic joy', delighting in the good fortune of others

Mudra

Ritual gesture, as with the hands of Buddha images

Naag

An applicant to become a monk

Nagarjuna

The founder of the *Madhyamika* school of philosophy

Naga

Serpents which can change themselves into men, and protect Buddhas and Buddhists

Nama

Lit: 'name', it is used for Spirit, a collective term for four of the five *Khandas*, excluding *rupa* (the first)

Nikaya

Collections of teachings

Nibbana (Nirvana)

'Blowing out', the extinction of the self, the goal of Enlightenment and religious life

Nirmanakaya

One of the 3 different aspects of the Buddha nature in Mahayana doctrine – the historical Buddha

Nirodha

'Cessation' of suffering and desire, the third Noble Truth

Om Mani Padme Hum

A *mantra* meaning 'Hail to the Jewel in the Lotus'

Padmasana

The Lotus or basic position in meditation

Pali

The language of the *Theravada* scriptures

Pancasila

The five rules for all Buddhists: no killing, theft, luxury, lies and alcohol

Panchen Lama

The Lama who ranks second to the *Dalai Lama*

Paramita (Parami)

'Perfection, cultivated on the path'

Parinirvana (Parinibbana)

Final and complete *Nibbana* at the passing away of a Buddha

Parisad

The four categories of Buddhists: monks, nuns, laymen, laywomen

Patimokkha

The 227 rules followed by a Bhikkhu, and recited in confession

Pirit

Charm, or ceremony of protection from evil in Sri Lanka

Pitaka

'Basket' (collection) of scriptures

Posan

Festival commemorating the introduction of Buddhism into Sri Lanka

Prajna (Panna)

Insight, wisdom

Pratimoksha (Patimokkha)

The training rules for monks and nuns

Pravrajaya (Pabbajja)

The renunciation of the world before training to be a monk

Prayer beads

Buddhists use 108 in two parts, each representing the 54 stages of becoming a *Bodhisattva*

Preta

The shades of the dead, the 'hungry ghosts'

Puja

A gesture of worship or reverence paid to gods, normally the raising of the hands, palms together; includes general worship too

Punya

A meritorious act which brings reward in this life or the next

Pure Land

4th century CE school of Buddhism

Rajas

One of the three fires, *dosa* and *moha* are the others

Rinzai

One of the larger sects of *Zen*

Rupa

Bodily form; one of the five elements which make up the nature of dwellers on the lowest plane

Rupa-dhatu

The plane of forms

Saddha

Confidence or faith

Saddharmapundarika Sutra

The Lotus of the Good Law Sutra in *Mahayana* Buddhism, which believes it to be the teaching of the transcendent Buddha

Saijojo zen

The fifth and highest type of *Zen*

Samadhi

Intense concentration in meditation, the last stage in the Eightfold Path

Samatha

'Calm abiding' meditation

Sambhogakaya

In Mahayana doctrine one of the 3 different aspects of the Buddha nature: the transcendental Buddha

Samjna (Sanna)

Perception, third of the five *skandhas*

Samma

That which is true, just or exact: this applied to the Buddha, the Eightfold Path and Enlightenment

Samsara

Transmigration, the continual round of birth, death and rebirth

Samskara (Sankhara)

Fourth of the five *skandhas*, mental/karmic formation

Samudaya

The second Noble truth: the origin of suffering

Samyutta nikaya

Joined together expositions in the Sutta Pika

Sangha

'Assembly', monastic life founded by the Buddha. In *Theravadin* countries it is used for the order of *bhikkhus*; in *Mahayana* countries there are lay people as well; in Japan, it includes priests

Sankhara

Intellectual faculties, one of the five elements which are part of the nature of dwellers on the lowest plane

Sarana

Refuge or entry into the *Sangha*

Sarvastivadins

Early Buddhist school which split from the *Hinayana* school

Satori

'Awakening', Enlightenment in *Zen*

Sattva

'Being', living beings who live at various levels of this world, and in underworld and heavenly regions

Satya (Sacca)

Truth

Seikbadi

A rosary

Sesshin

An intensive period of *Zen* practice in a monastery or temple

Shakyamuni

Buddha's historical title: 'Sage of the Shakyas' (his tribe)

Shikan taza

'only sitting', pure concentration of thought in *Zen*

Shojo Zen

Third of the five types of *Zen*; small vehicle, *Hinayana Zen*

Shramanera

Novice monk

Siddhartha (Sidhatta) (Siddattha)

'Wish-fulfilled', Buddha's personal name

Sila

'Discipline', 'Morality'

Sramanera

A novice in a monastery

Sunya (Sunna)

The emptiness of the Absolute; the denial of all conceptual constructions in relation to ultimate reality

Stupa (Thupa/Cetiya)

Mound containing relics

Sutra (Sutta)

Text, the word of the Buddha

Sutta Pitaka

The second of the three collections, mainly of teachings that make up the canon of basic scripture; dialogues of the Buddha

Tanha (Trsna)

Desire or thirst, the cause of suffering (second Noble Truth)

Tantra

Texts revealed by the Buddha: magic spells, descriptions of divinities and instructions for worship

Tariki

In Pure Land Buddhism this means reliance on powers outside oneself, salvation by outside powers

Tatha

'Suchness': the Ultimate and Unconditioned nature of all things

Tathagata

Lit: 'He who has arrived at Enlightenment', a title of the Buddha

Theravada (Sthaviravada)

'Way (or doctrine) of the Elders', the southern school of Buddhism, found in South East Asia; Sometimes called *Hinayana*

Three Bodies

The *Mahayana* Buddhist doctrine of three different aspects of the Buddha nature: *dhammakaya* or the eternal teaching or essence; *nirmanakaya* or the historical Buddha; *sambhogakaya* or the transcendental Buddha

Three Jewels

Buddha, the Dhamma and the Sangha

Trikaya

See 'Three Bodies'

Tripitaka (Tipitaka)

'Three Baskets': the Pali canon of scriptures acknowledged by *Theravadins*

Triratna (Trisharana)

The Three Jewels (see above)

Trishna (Tanha)

The cause of suffering (thirst, craving, attachment, desire)

Tulku

Reincarnated Lama

Upasaka (male)/Upasika (female)

Buddhist disciples who practice their religion in the world without retiring to a monastery or convent

Upaya

‘Skillful means’: different ways the Buddha uses to teach

Upeksa (Uppekha)

The fourth of the *Brahma Viharas*, the ability to overcome feelings of pleasure or pain; ‘Evenness of mind’

Uposatha

Fasting, or it can be public confession, undertaken twice a month by monks

Uppajjhaya

Teacher and spiritual instructor

Vaisakha (Vesakha, Wesak, Vesak)

Buddha Day: the name of a festival and a month

Vajrayana

‘Thunderbolt’ or ‘Diamond Way’: teachings that came later, mainly in India and Tibet

Vedana

The second of the five *skandhas* or elements that make up the nature of dwellers on the lowest plane; it is feeling

Vihara

A dwelling place, monastery, also a stage in spiritual life

Vijnana (Vinnana)

The fifth of the five *skandhas* or elements of the nature of dwellers on the lower plane: consciousness

Vinaya

Monastic disciplinary rules

Vinaya Pitaka

The first of the *Three Baskets* of scripture containing the *Vinaya*

Vipashayana (Vipassana)

‘Insight’, meditation

Viraya

‘Energy’, ‘Exertion’

Yogacara

A school of philosophy

Zazan

Sitting meditation in *Zen*

Zen (Ch’an, dhyana)

A school of *Mahayana* Buddhism which developed in China and Japan