

GCSE Religious Studies – Buddhism

Term	Definition
Buddha	One who is fully enlightened, e.g. Siddhartha Guatama
Tanha	Craving, greed, & the first Noble Truth (Cause of Suffering)
Dukkha	Pain, suffering, disease and hisharmony.
Eightfold Path	8 steps to overcome suffering and desires and achieve Nirvana
Parinirvana	The Final Nirbana after the body dies – no more rebirth
Dhamma	The teaching of the Buddha, e.g. Five Precepts
Sangha	The community of Buddhists, includes Monastic Sanga (monks and nuns) along with the Lay Sanga (ordinary Buddhists)
Wesak	The celebration of birth of the Buddha (for Theravada Buddhists it also celebrates the enlightenment and death of the Buddha
Noble Truths	The Buddha's first teaching: suffering, the cause of suffering, the end of suffering, and how to overcome suffering
Vipassana	A meditation practised in Thervade Buddhism involving concentration on the body or its sensations
Metta	The development of loving kindness through meditation
Samatha	Calm mind or breathing meditation helping to develop focus