

# Glossary

## **abbey**

A religious building where monks and/or nuns live.

.....

## **almsgiving**

Giving money or food to people in need.

.....

## **Asia**

A continent next to Europe.

.....

## **Buddhist**

Someone who follows the teachings of Buddha.

.....

## **Christian**

Someone who follows the teachings of Jesus Christ.

.....

## **community**

A group of people who live in the same area or have similar interests or beliefs.

.....

## **Dalai Lama**

The spiritual leader of Tibet.

.....

## **Dharma**

The teachings of Buddha including the Four Noble Truths and the Eightfold Path.

.....

## **Eight Requisites**

Eight basic things Buddhist nuns and monks are allowed to have; an outer robe, inner robe, thick robe for winter, alms bowl, razor, needle and thread, belt and water strainer.

.....

## **generosity**

When you give or share with someone.

.....

## **Kathina**

A celebration sometimes known as the Buddhist Lent involving a robe-giving ceremony.



**meditation**

To sit still and relax which calms your mind and body.

.....

**monastery**

A building where monks and nuns live and pray.

.....

**monk**

A man who gives up worldly things, such as a house, job or partner to follow their religion all the time.

.....

**novice**

The name given to someone who is preparing to become a Buddhist monk.

.....

**nun**

A woman who gives up worldly things such as a house, job or partner to follow her religion all the time.

.....

**retreat**

A place that people visit to relax, meditate or learn something new.

.....

**robe**

Traditional clothing for a Buddhist monk or nun made from rags of orange or dark red.

.....

**Sangha**

A Buddhist community including monks, nuns, laymen and laywomen.

.....

**spiritual**

A connection to something that is bigger than ourselves.

.....

**Ten Precepts**

These are rules that Buddhists must follow.

.....

**Vassa**

The 'Rains Retreat' which takes place during the three-month rainy season.

.....

**vihara**

A type of Buddhist monastery with an open court where monks stay during Vassa.

