

Glossary

awakened

To gain wisdom and be without suffering.

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Bodhi tree

The fig tree under which Buddha found enlightenment.

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Buddha

The founder of Buddhism and title given to someone who has found enlightenment.

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Buddhists

People who follow the teachings of Buddha.

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Dharma

The teachings of Buddha that lead to wisdom and kindness.

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Four Sights

The four things that Buddha saw when he left the palace for the first time; old age, sickness, death and a monk who had given up all worldly things.

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impermanence

The idea that everything is always changing and nothing stays the same.

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incense

Spices that are burnt and give off a strong smell.

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Jataka Tales

Stories about the previous lives of Buddha in which the main character is usually an animal.

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lotus flower

A flower that starts growing in the dark and moves towards the sun – the sacred flower of Buddhism representing enlightenment.

mandala

A Buddhist symbol of the universe, which is often created in coloured sands on a table.

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meditation

Relaxation techniques, which calm your mind and body.

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monk

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

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

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prayers

Talking to or giving thanks to God or a deity.

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Tripitaka

The sacred Buddhist texts – Tripitaka means ‘the three baskets’.