

Glossary

auspicious symbols

The eight Buddhist symbols of good fortune.

Cham dancing

A dance where performers wear masks and costumes.

chants

Words that are half spoken and half sung.

chemar bo

An open, decorated box divided down the middle.

compassion

A feeling or act of kindness towards someone or something.

generosity

When you give or share with someone.

Guthuk soup

A noodle soup eaten before Losar.

karma

The belief that all actions have a consequence.

khapse

A type of fried pastry or cookie made during Losar.

khata scarf

The Tibetan scarf of goodwill.

Losar

The Tibetan New Year.

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loving-kindness

Showing kindness to others so they will feel happy.

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luck

When something good happens without trying.

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Mahayana Buddhism

A form of Buddhism from East Asia.

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mantras

Words which are chanted and repeated over and over.

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merit-making

Doing something which will earn you a reward.

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monasteries

Buildings where Buddhist monks and nuns live and pray.

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New Year resolution

A promise made at the beginning of the year to do a particular thing.

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offerings

Gifts given to say thank you.

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sentient

A living thing with feelings.

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shrine

A special religious place where you put figures of important people and make offerings to them.

Songkran

A festival which marks the start of the Thai Buddhist New Year.

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Theravada Buddhism

A form of Buddhism from South East Asia.

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Tibet

A region of Asia where the Dalai Lama used to live.

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Tibetan

The name given to people who live in Tibet.

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Tibetan prayer flags

Colourful rectangular cloths which are put up to send blessings to the world.

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torma

Butter sculptures used as offerings.