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| **Knowledge Organiser – Buddhism: Practices** | | | | |
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| **Key Concepts** | | **Key Sources / teachings** | | |
| Worship - temples, shrines and monasteries | | Lama Choedak Rinpoche | | |
| How Worship / Puja happens | | Lotus Sutra | | |
| Purpose of Meditation | | Udana p8, Dhamapada 181, Dilgo Khyentse Rinpoche | | |
| Samatha Meditation | | Thich Nhat Hanh, Dhammapada 276 | | |
| Vipassana Meditation | | Henepola Gunarantana | | |
| Visualisation of Buddhas / Boddhisatvas | | Avalokiteshvara, Buddha Amitabha | | |
| Death and Mourning | | Thubten Zopa Rinpoche | | |
| Festivals – Wesak and Parinirvana | | Life of the Buddha | | |
| Karma and ethics | | Life of the Buddha | | |
| Compassion - Karuna | | Tenzin Gyatso, Dalai lama | | |
| Loving Kindness - Metta | | The Sutta Nipata, Tenzin Gyatso, Dalai lama | | |
| Five Moral Precepts | | Dhammapada 246-247, Jan Chozen Bays | | |
| The Six Perfections | | Life of the Buddha | | |
|  | | | | |
| **Key Words** | | | | |
| Temple |  | | Mandala |  |
| Buddha rupe |  | | Funeral |  |
| Shrine |  | | Cremation |  |
| Gompa |  | | Chorten |  |
| Vihara |  | | Sky-Burial |  |
| Stupa |  | | Karma |  |
| Boddhisatva |  | | ‘Transfer the merit’ |  |
| Puja |  | | Retreat |  |
| Chanting |  | | Festival |  |
| Mantra |  | | Wesak |  |
| Mala |  | | Parinirvana Day |  |
| Meditation |  | | Skilful / Unskilful |  |
| Vipassana |  | | Karuna |  |
| Samatha |  | | Metta |  |
| Mindfulness of breathing |  | | ROKPA |  |
| Zazen |  | | Four Sublime States |  |
| Walking meditation |  | | The Five Moral Precepts |  |
| Visualisation |  | | The Six Perfections |  |
| Medicine Buddha |  | | Avalokiteshvara |  |
| Thangka |  | | Buddha Amitabha |  |