|  |
| --- |
| **Knowledge Organiser – Buddhism: Practices** |
|  |
| **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 |  |