

Glossary

abbey

A religious building where monks and/or nuns live.

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almsgiving

Giving money or food to people in need.

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Asia

A continent next to Europe.

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Buddhist

Someone who follows the teachings of Buddha.

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Christian

Someone who follows the teachings of Jesus Christ.

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community

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

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Dalai Lama

The spiritual leader of Tibet.

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Dharma

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

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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.

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generosity

When you give or share with someone.

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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.

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monastery

A building where monks and nuns live and pray.

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monk

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

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novice

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

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nun

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

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retreat

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

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robe

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

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Sangha

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

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spiritual

A connection to something that is bigger than ourselves.

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Ten Precepts

These are rules that Buddhists must follow.

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Vassa

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

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vihara

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

