










Key Words			
Buddha Rupa	A statue of Buddha in a meditation pose used in worship and meditation.	Samatha Meditation	A form of meditation focused on calming the mind and mindfulness.
Chanting	A type of worship that involves reciting from Buddhist scriptures.	Shrine	An area with a statue of Buddha or Bodhisattva which is a focal point for Buddhist worship.
Karuna	Compassion – feeling concerned for the suffering of others.	Stupa	A small building in a monastery that sometimes contains holy relics.
Mantra	A short sequence of syllables recited during worship.	Temple	The focal point of Buddhist worship – the building where Buddhists gather.
Metta	Loving-kindness – a desire for other people to be happy.	Vihara	A monastery for monks or nuns or a community where Buddhists gather to meditate.
Parinirvana Day	A Mahayana festival commemorating Buddha's passing into Nirvana.	Vipassana Meditation	A form of meditating on a teaching of Buddha to gain greater understanding.
Puja	Act of worship – it expresses gratitude and respect for Buddha and his teachings.	Wesak	A festival celebrating the life and teachings of Buddha.

Key Ideas			
Places of Worship + Puja 	Places of Worship Buddhists often worship in a temple where they gather to meditate together and perform puja. A temple or vihara will have rupas (statues of Buddha), stupas (towered structures designed to symbolise Buddhist teaching) and often shrines where offerings can be made. Offerings may include candles which symbolise wisdom and flowers and incense representing impermanence.	Puja Puja is the name for Buddhist worship which is a ceremony that expresses gratitude and respect for Buddha and his teachings. It can be at home or in the temple. Buddhists perform chanting where sacred texts are remembered and taught orally and with devotion. They also recite mantras which are short sequences of syllables that help concentrate the mind.	
Meditation 	Samatha Meditation This is a type of meditation that involves calming the mind and developing deepened concentration . This can be done through mindfulness of breathing or focussing on a single object.	Vipassana Meditation This type of meditation focuses on developing an understanding of the nature of reality . Buddhists focus on the teachings of Buddha e.g. Three Marks of Existence to move them closer to enlightenment.	
Funerals + Festivals 	Buddhist Funerals Theravada Buddhists funerals involve monks and focus on transfer of merit . Tibetan Buddhists have a sky burial where they leave the body on a mountainside as an offering to the vultures. This reflects a belief in anicca (impermanence).	Wesak Wesak is a Theravada Buddhist festival which celebrates the Buddha's birth, enlightenment and passing away into Nirvana. It is celebrated by lighting candles and lanterns to represent enlightenment and by attending a temple to worship or meditate.	Parinirvana Day Parinirvana Day is a Mahayana festival that commemorates the death and passing into enlightenment of Buddha. It is celebrated by Buddhists reading the last writings of Buddha, meditating at home or temple or going on a retreat .
Five Moral Precepts + Six Perfections 	Five Moral Precepts These form a Buddhist ethical code . They are five principles that Buddhists try to live their life by. <ol style="list-style-type: none"> 1. to abstain from taking life 2. to abstain from taking what is not given 3. to abstain from sexual misconduct 4. to abstain from wrong speech 5. to abstain from intoxicants 		The Six Perfections These are six qualities that Mahayana Buddhists try to develop to become Bodhisattvas. They require practice and thought in order to develop them. They are: generosity, morality, patience, energy, meditation and wisdom . (To recall: Give Me Pizza Every Monday)
Karma, Karuna + Metta 	Karma Karma is the ethical idea that a Buddhist's actions lead either to happiness or suffering . Skilful actions result in good karma and happiness. Unskilful actions result in bad karma and suffering. When a Buddhist is reborn their new life will be affected by their karma from past lives. This links to "right action" which is part of the Eightfold Path which shows how to act ethically.	Karuna Karuna is compassion , a feeling of concern for the suffering of others. It is one of the four sublime states that Buddha taught Buddhists should develop. Buddhists aim to recognise the suffering of others and do something to make their lives better. The international charity ROKPA helps provide children and education and teach kindness.	Metta Metta is loving-kindness , another of the four sublime states. It means desiring other people to be happy and is an attitude of warmth and kindness . Loving-kindness meditation consists of 5 steps to develop loving kindness towards: <ol style="list-style-type: none"> 1) yourself 2) a good friend 3) a neutral person 4) a difficult person 5) everyone else in the world.

<p>Teachings for Memorisation</p> 	<p>THE NOBLE EIGHTFOLD PATH (Theravada Buddhists)</p> <ol style="list-style-type: none"> 1. Right understanding (<i>Samma ditthi</i>) - Developing an understanding of Buddha’s teachings 2. Right thought (<i>Samma sankappa</i>) - avoiding thoughts of hatred and attachment 3. Right speech (<i>Samma vaca</i>) - Speaking truthfully and kindly 4. Right action (<i>Samma kammanta</i>) -refraining from killing, stealing ,sexual misconduct 5. Right livelihood (<i>Samma ajiva</i>) –avoiding work which may harm others. 6. Right effort (<i>Samma vayama</i>) -avoiding being negative and focussing on being positive. 7. Right mindfulness (<i>Samma sati</i>) – developing awareness of the world around you. 8. Right concentration (<i>Samma Samadhi</i>) -being single- minded. 	<p>THE SIX PERFECTIONS (Mahayana Buddhists)</p> <ol style="list-style-type: none"> 1. Generosity or Giving 2. Morality 3. Patience 4. Energy 5. Meditation 6. Wisdom <p>THE 5 MORAL PRECEPTS (Theravada and Mahayana Buddhists)</p> <ol style="list-style-type: none"> 1. To abstain from taking life 2. To abstain from taking what is not given 3. To abstain from sensuous misconduct 4. To abstain from false speech 5. To abstain from intoxicants as tend to cloud the mind 								
<p>Test Yourself! (All answers on the first page)</p> 	<p>Define the following: a) Stupa b) Shrine c) Buddha Rupa d) Karuna e) Metta f) Mantra g) Vihara h) Wesak i) Parinirvana day</p> <p>Explain two of the following: a) types of meditation b) types of offerings c) places of worship d) types of Buddhist funerals e) Buddhist festivals f) steps of loving-kindness meditation g) types of “actions” linked to karma.</p> <p>Write a plan for the following 12 mark questions: a) Samatha Meditation is the best form of mediation. Evaluate this statement. b) Wesak is more important than Parinirvana Day. Evaluate this statement. c) The five precepts are impossible for Buddhists to live by today. Evaluate this statement. d) Places of worship are not important for Buddhists. Evaluate this statement.</p>									
<p>Questions types on Paper 1</p> 	<table border="1"> <thead> <tr> <th>Wording</th> <th>Explanation</th> </tr> </thead> <tbody> <tr> <td>Give two....</td> <td>Just list two things-words or phrases.</td> </tr> <tr> <td>Explain two similar /contrasting Buddhist beliefs...</td> <td>You must give and explain two beliefs/teachings/practices, but they must be contrasting or similar.</td> </tr> <tr> <td>Explain two ways in which/reasons why...</td> <td>You must give and explain two ways in which something is done. Use of a quotation/teaching will earn the fifth mark.</td> </tr> </tbody> </table> <p>‘.....’ Evaluate this statement.</p> <ul style="list-style-type: none"> • Refer to Buddhist teaching • Give developed arguments to support this statement • Give developed arguments to support a different point of view • Reach a justified conclusion 	Wording	Explanation	Give two....	Just list two things-words or phrases.	Explain two similar /contrasting Buddhist beliefs...	You must give and explain two beliefs/teachings/practices, but they must be contrasting or similar.	Explain two ways in which/reasons why...	You must give and explain two ways in which something is done. Use of a quotation/teaching will earn the fifth mark.	<ul style="list-style-type: none"> • Refer to teachings of the specified religion in order to reach higher levels. • Support the statement and explain the reasons you give. • Provide a different point of view and explain the reasons you gave for it. • A possible formula to use to organise your answer is PEARL (x3) on each side. Then add the justified conclusion. • PEARL = Point, Evidence, Argue, Religion. Link. • Give a justified conclusion to reach the highest marks • Save your strongest argument for the conclusion and explain why it is stronger than the other arguments you have written about.
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<p>Useful websites and revision guides</p> 	<p>Exam board website, includes specification, practice papers, model answers. http://www.aqa.org.uk/subjects/religious-studies/gcse/religious-studies-a-8062</p> <p>Basic Buddhist beliefs https://www.bbc.co.uk/religion/religions/buddhism/</p> <p>My Revision Notes AQA GCSE (9-1) Religious Studies Specification A (Hodder Education ISBN 978-1-510-40479-3)</p> <p>AQA GCSE Religious Studies A: Christianity and Buddhism Revision Guide - AQA GCSE Religious Studies A (Oxford University Press ISBN: 9780198422853)</p>									