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CHAPTER ONE

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CHAPTER TWO

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CHAPTER THREE

¹ Buddhists regard the mind as a sense in addition to the five which are acknowledged in the West.

² Hsuan Hua, *Sutra of the Past Vows of Earth Store Bodhisattva* (New York: Buddhist Text Translation Society, The Institute for Advanced Studies of World Religions, 1974), pp 140-141.

³ H Saddhatissa, *What is Nibbana?* (London: British Mahabodhi Society, 1984), pp 9-11.

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¹ E Conze, *Buddhist Meditation* (London: Unwin, 1972), p 86.

² Brahma is an important Hindu god.

³ The Dhammapada, verses 103-105.

CHAPTER SIX

¹ Wu Ch'eng-en, *Monkey* (London: Unwin, 1979), p 316.

² Yoel Hoffman, *The Sound of the One Hand* (St Albans, Paladin, 1977), pp 38-40.

³ Robert Pirsig, *Zen and the Art of Motorcycle Maintenance* (London: Corgi, 1974), p 18.

CHAPTER SEVEN

¹ See Chapter Four.

² See Chapter Five.

³ (ed) W.Y. Evans-Wentz, *The Tibetan Book of the Great Liberation* (Oxford University Press, 1968), p 105.

⁴ See Chapter Three.

CHAPTER EIGHT

¹ See Chapter Nine.

² Larger Sukhavati-Vyuha Sutra, 8.19; in (ed) E B Cowell et al, *Buddhist Mahayana Texts* (New York: Dover, 1969), Part II, p 15.

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CHAPTER NINE

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² (transl) Senchu Murano, *The Sutra of the Lotus Flower of the Wonderful Law* (Tokyo: Nichiren Shu, 1974), chapter 15.

³ Cowan, op cit, p 60.

⁴ Ibid, p 58.

⁵ Ibid, p 52. This passage summarizes the first chapter of the Vimalakirti Sutra, a well-known Mahayana scripture.

⁶ Diasaku Ikeda, 'The true entity of life: A lecture'; in Cowan, op cit, p 116.

CHAPTER TEN

¹ Quoted in Holmes Welch, *The Buddhist Revival in China* (Cambridge, Mass: Harvard University Press, 1968), pp 224-5.

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³ Christmas Humphreys, *Sixty Years of Buddhism in England* (London: The Buddhist Society, 1968), p 80.

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GLOSSARY

anatta. 'No self'; the doctrine that there is no soul. One of the three Marks of Existence.

anicca. Impermanence. One of the three Marks of Existence.

Amitabha. The Buddha of Infinite Light, worshipped particularly by Pure Land Buddhists.

arhat. One who is enlightened.

Avalokiteshvara. The bodhisattva of compassion.

bhikkhu. Theravadin monk.

bodhisattva. One who has gained enlightenment, but who renounces final entry into nirvana in order to help other living beings.

brahmin. The top Hindu caste (teacher-priests).

Buddha. One who has gained enlightenment.

Chenrezig. Tibetan name of Avalokiteshvara.

Dalai Lama. The spiritual leader of the Tibetan Buddhists and head of the Gelugpa school.

Dhammapada. One of the best known early Buddhist scriptures.

Dharma. The teaching of the Buddha.

dukkha. Unsatisfactoriness; one of the three Marks of Existence.

gohonzon. The scroll which is the principal object of devotion in the Nichiren sects.

gongyo. A Nichiren ceremony, consisting of chanting before the gohonzon.

'Hinayana'. Literally 'Lesser Vehicle': an abusive term applied to those Buddhists who are not Mahayana.

jatakas. Stories of the previous lives of the Buddha.

Jodo. A form of Pure Land Buddhism, which flourished in China and Japan.

karma. Deeds. The law of karma asserts that everyone will eventually experience the effects of his or her actions.

koan. In Zen, a problem which the student is given and to which there is no logical answer.

Lotus Sutra. A Mahayana scripture, to which Nichiren Buddhists attach particular significance.

Mahayana. Literally 'Greater Vehicle'; the forms of Buddhism which dominated in Tibet, China, Korea and Japan.

Manjushri. The Bodhisattva of wisdom, often regarded as the chief of the Bodhisattvas.

mantra. Sacred words which are chanted and believed to have great power.

Marks of Existence. Features of everything in the universe, often called 'Signs of Being': anicca, anatta, dukkha.

Nam myoho renge kyo. 'Homage to the Lotus Sutra'; the mantra which, according to Nichiren Buddhists, encapsulates the whole of that scripture.

nembutsu. Recitation of Amitabha's name. Japanese name for Pure Land Buddhism.

Nichiren Daishonin. The founder of the Nichiren school of Buddhism in thirteenth century Japan.

nirvana. Enlightenment; the supreme goal of the Buddhist, after attaining which one is no longer reborn.

parinirvana. The Buddha's death after attaining nirvana, after which there would be no rebirth.

prajna. Wisdom.

roshi. A Zen Master (of either sex).

samsara. The cycle of birth and rebirth.

Sangha. The community of monks. One of the 'Three Jewels'.

satori. 'Enlightenment' (used only in Zen).

sesshin. A period of retreat for intensive meditation (Zen tradition).

shakubuku. Literally 'break and subdue': the winning of converts in the Nichiren Shoshu sect.

Shakyamuni. The clan name of Siddhartha Gautama, the Buddha.

siddha. A religious figure (usually a recluse) who has gained magical powers (Tibetan tradition).

Siddhartha Gautama. The personal name of the historical Buddha.

stupa. A monument which usually contains relics and which is an object of devotion.

Sukhavati. The 'Pure Land' or celestial paradise of the Buddhas.

sutra. A scripture recording a sermon preached by the Buddha.

Taho. The second Buddha, mentioned in the Lotus Sutra, who descended in his 'treasure tower' to join Gautama.

Tendai. A form of Buddhism similar to and pre-dating Zen.

Theravada. Literally 'teaching of the Elders'. The form of 'Hinayana' Buddhism which survives in Sri Lanka and South East Asia.

Three Jewels, or Triple Gem. The Buddha, Dharma and Sangha.

Three Refuges. Buddha, Dharma and Sangha.

Vajrayana. The 'Diamond Vehicle'; the form of Buddhism which flourished in Tibet.

vihara. Literally, 'dwelling place'; a building which houses the Sangha.

Vipassana. 'Insight' meditation.

Wesak. The festival marking the Buddha's enlightenment.

yidam. An image which one is given to 'visualise', particularly in the Vajrayana tradition.

yoga. Spiritual path.

yogi. A meditator.

zazen. Meditation in the Zen tradition.