

Glossary

Ajaan

(Thai): Teacher; mentor.

Arahant:

A person who has abandoned all ten of the fetters that bind the mind to the cycle of rebirth, whose heart is free of mental defilement, and is thus not destined for future rebirth. An epithet for the Buddha and the highest level of his Noble Disciples. Sanskrit form: arhat.

Bhava:

Literally, "becoming." Mental or physical worlds, created through craving and clinging, in which rebirth can happen — either mentally, as when entering a mental world or a dream world; or physically, as when rebirth follows the death of the body.

Buddho (Buddha):

Awake; enlightened.

Dhamma:

(1) Event; action. (2) A phenomenon in and of itself. (3) Mental quality. (4) Doctrine, teaching. (5) Nibbana (although there are passages in the Pali canon describing nibbana as the abandoning of all dhammas). Sanskrit form: dharma

Jhana:

Mental absorption. A state of strong concentration focused on a single sensation or mental notion. Sanskrit for: dhyana.

Kamma:

Intentional act. Sanskrit form: karma.

Khandha:

Aggregate; heap; pile. The aggregates are the basic building blocks of describable experience, as well as the building blocks from which one's sense of "self" is constructed. There are five in all: physical form, feeling, perception, thought-fabrications, and consciousness. Sanskrit form: skandha.

Metta:

Good will; kindness; benevolence; friendliness.

Nibbana:

Literally, the "unbinding" of the mind from passion, aversion, and delusion, and from the entire round of death and rebirth. As this term also denotes the extinguishing of a fire, it carries connotations of stilling,

cooling, and peace. Sanskrit form: nirvana.

Pali:

The name of the earliest extant canon of the Buddha's teachings and, by extension, of the language in which it was composed.

Sangha:

On the conventional level, this term denotes the communities of Buddhist monks and nuns. On the ideal level, it denotes those followers of the Buddha, lay or ordained, who have attained at least their first taste of the Deathless.

Sankhara:

Fabrication; fashioning. The forces and factors that fashion things, the process of fashioning, and the fashioned things that result; all things conditioned, compounded, or concocted by nature, whether on the physical or the mental level. In some contexts this word is used as a blanket term for all five *khandhas*. As the fourth *khandha*, it refers specifically to the fashioning or forming of urges, thoughts, etc., within the mind.

Sankhata:

Fabricated.

Sutta:

Discourse. Sanskrit form: sutra.

Wat

(Thai): Monastery.