# Year 6: How can Hindu and Buddhist practices impact on our daily lives?

## Subject Specific Vocabulary

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| **meditation** | the action or practice of meditating (focussing one's mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes or as a method of relaxation) |
| **contemplation** | the action of looking thoughtfully at something for a long time. |
| **spiritual** | relating to or affecting the human spirit or soul as opposed to material or physical things. |
| **Noble Eight-fold Path** | the Buddhist teaching of the means of attaining Nirvana through rightness of belief, resolve, speech, action, livelihood, effort, thought, and meditation |
| **mandala** | a circular figure representing the universe in Hindu and Buddhist symbolism. |
| **Brahman** | Brahman is a supreme, universal spirit that is eternal and unchanging. |
| **Divine** | of or like God or a god. |
| **Prayer Flag** | a colourful panel or rectangular piece of cloth often hung along mountain ridges in the Himalayan mountains to bless the countryside or send out a message of goodwill |

## Hindus and Buddhists practise meditation as a way of reaching their spiritual goal.



## Wheel of dharma is a widespread symbol used in Indian religions such as Hinduism and Buddhism




## Sticky Knowledge

- Many Hindus believe that through experience and meditation they can gain knowledge of Brahman
- The spiritual goal of a Hindu is to become one with Brahman.
- Through meditating Hindus can connect with the Divine on a spiritual level.
- Buddha taught people how to live their life through the Noble Eightfold Path
- Prayer wheels and flags are used in meditation.
- Buddhists use mandalas as symmetrical patterns to focus on.