

Personal Learning Checklist: Buddhism (RAG rating)

Use R/A/G in each column to note your understanding on each of these topics as we complete lessons.

Buddhist Beliefs and Teachings	Understand WHAT it is	Understand how it INFLUENCES Buddhists
Buddha's Life - birth and life of luxury (and its importance)		
Buddha's Life - Four Sights (and its importance)		
Buddha's Life - Ascetic Life (and its importance)		
Buddha's Life - Enlightenment (and its importance)		
Buddha's Life - After his Enlightenment (and its importance)		
3 Jewels including Dhamma		
Paticcasamuppada/Dependent Arising		
3 marks of existence - Anicca, Anatta and Dukkha		
The 1st Noble Truth - Dukkha (including types of dukkha)		
The 2nd Noble Truth - Samudaya (including 3 poisons and types of tanha)		
The 3rd Noble Truth - Nirodha		
The 4th Noble Truth - Magga, Eightfold Path and ThreeFold Way		
Human Personality in Theravada - 5 Aggregates		
Human Personality in Mahayana - Sunyata, Buddhahood		
Human Destiny in Theravada - Arhat		
Human Destiny in Mahayana - Bodhisattva		
Human Destiny in Mahayana, Pure Land - Reaching the Pure Land		

Buddhist Practices <i>(remember this links closely to Buddhist Beliefs and Teachings)</i>	Understand WHAT it is	Understand WHY they use/do it
The uses of Buddhist temples		
The importance of Buddhist temples		
The importance of shrines and the different elements of it		
The use of monasteries		
Purpose of worship (including chanting and mantra recitation)		
Samatha meditation - including mindfulness of breathing		
Vipassana meditation - including zazen		
Visualisation of Buddhas and Bodhisattvas		
Funeral Rites in Theravada communities		
Funeral Rites in Tibet - Sky Burials		
Purpose of festivals		
Importance of Wesak		
Importance of Parinirvana Day		
Karma and Rebirth		
Karuna (compassion)		
Metta (loving-kindness)		
Five Precepts		
Six Perfections in Mahayana Buddhism		

