

# **GLOSSARY**

**Attaining Dhamma:** meditative attainment; a state of absorption in meditation where the mind achieves super insight and knowledge; knowing and seeing according to the truths.

**Attainment of Dhammakaya:** a state of absorption in meditation where the mind achieves super insight and knowledge, having penetrative insight into the reality of life and the world; seeing and becoming one with one's own inner Body of Enlightenment.

**Bhikkhu:** Buddhist monk

**Buddha:** 'Awakened One', one who is fully enlightened and who has realized Nibbana without the benefit of a Buddha's teaching in the lifetime in which he attains it. Those who attained enlightenment by following the Buddha's teachings are called Arahants or Arahats. The name Buddha is a title, not a proper name, meaning 'awakened', thus 'enlightened'. Buddhas appear at vast intervals of time. There are countless numbers of past, present and future Buddhas.

**Cetiya:** Pali word for pagoda

**Defilements (Pali, kilesa):** mental impurities consisting of greed, anger, and delusion; hindrances or contaminants that cause beings to perform undesirable deeds.

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**Dhamma (Skt. Dharma):** the truth; the natural condition of things or beings; the law of their existence; the ethical code of righteousness; the whole body of religious doctrines as a system; the Teachings of the Buddha; the eternal truth that the Buddha realized, his verbal expression of that truth, and the phenomena or elements that comprise reality.

**Dhamma Sphere:** A crystal clear sphere that appears at the center of one's body during an advanced stage of meditative absorption.

**Dhammacakkappavattana Sutta:** The Setting in Motion of the Wheel of Dharma, a Buddhist text considered to be a record of the first teaching given by the Buddha after he attained enlightenment.

**Dhammakaya:** Body of Enlightenment; Body of Truth.

**Dhammakaya meditation:** a profound meditation technique initiated by the Great Master, Luang Pu Wat Paknam.

**Dhammakaya Tradition (vija Dhammakaya):** also referred to as Dhammakaya Knowledge, is a method of meditation founded by the Great Master Phramongkolthepmuni, former Abbot of Wat Paknam, one of the most famous Buddhist temples in Thailand. According to Dhammakaya Tradition, it has been established that each

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individual person possesses 18 transcendental inner bodies, which can be reached through advanced stages of meditative absorption. Once a person reaches the Dhammakaya, the purest of all transcendental bodies, the person achieves a higher form of insight and knowledge not available through ordinary means.

**Five Hindrances (*panca nivaranani*):** negative mental states that impede success with meditation and lead away from enlightenment. They consist of sensual desire, ill-will, sloth and torpor, restlessness, and doubt

**Four Noble Truths (Noble Truths of Suffering):** the Buddha's first and most important teaching. It explains the reality and nature of suffering, the origin of suffering, the cause of suffering, the cessation of suffering, and the path to freedom from suffering.

**Kamma (Skt, Karma):** action or deed of body, speech and mind. Every willed action brings future consequences, including future rebirths; the consequences of past deeds largely determine one's general life situation. Under the Law of Kamma, by which all creatures must live, a person bears the consequences of his own actions. Bad actions cause bad consequences and good actions bear good consequences.

**Khun Yai:** a Thai word for grandmother

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**Klong:** a Thai word for canal

**Luang Por:** a Thai word which means Venerable Father, an informal way of addressing a senior monk.

**Luang Pu:** a Thai word which means Venerable Grandfather, an informal way of addressing an elderly senior monk; referring to the Great Master Phramongkolthepmuni, founder of the Dhammakaya Tradition.

**Luang Pu Wat Paknam:** Phramongkolthepmuni, founder of the Dhammakaya Tradition

**Mara:** evil, both as a concept and as a personification. In Buddhist cosmology, Mara is a supra-natural being responsible for hindering people from performing meritorious deeds. Mara can also mean obstacles for doing good deeds.

**Merit:** result of good deeds; a positive energy, or good kamma that is created whenever a good deed is performed. Merit is generated in three major ways: charitable giving, observance of moral precepts, and meditation.

**Merit Sphere:** a transcendental sphere representing merit, that lies within each person; the more merit accumulated, the larger the merit sphere.

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**Mundane merit:** merit gained through performance of good deeds, such as sweeping the temple, helping the poor, making charitable contributions.

**Nibbana (Skt, Nirvana):** the state of ultimate happiness, the happy condition of enlightenment, the highest spiritual attainment. This is not the sense-based happiness of everyday life; nor is it the concept of happiness as interpreted by Western culture. It is an enduring, transcendental happiness integral to the calmness attained through enlightenment. Once a person has attained Nibbana, he has reached the end of the cycle of rebirths—the final and total release from cyclic existence—never again to be subject to rebirth. Nibbana is a supramundane state that cannot be expressed by words and is beyond space and time. This is the state of perfect enlightenment realized by Buddhas and Arhants. Those who have gained this realization no longer accumulate karmic consequences and will no longer be reborn into samsara, the cycle of existence, when they die.

**Noble Eightfold Path:** the Path to end suffering, consisting of Right View, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration.

**Pacceka Buddha:** a Buddha who has attained Enlightenment by himself but does not teach others or lead others to Enlightenment; a private Buddha.

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**Pali:** an ancient language used in India, now no longer an active language. The original Buddhist scriptures were written in Pali. Pali texts are used by the Theravada school of Buddhism.

**Parami:** a Pali word meaning transcendental virtues, perfected virtues, or Perfections. Parami is a spiritual perfection achieved by a Bodhisatta (Buddha-to-be) on his path to Buddhahood, or by those who are determined to attain enlightenment. Virtues are practices which must be fulfilled by all aspirants who wish to free themselves from suffering. What distinguishes the Bodhisatta from other aspirants are the degree to which virtues must be cultivated and the length of time they must be pursued.

**Perfections (*Parami*):** perfected virtues; transcendental virtues; spiritual perfection. Transcendental virtues cultivated as a way of purification, purifying kamma and helping the aspirant to live an unobstructed life, while reaching the goal of enlightenment.

**Precepts (*sila*):** moral principles that form the framework of Buddhist ethical conduct and the baseline of one's virtue.

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**Primary Path:** beginning stage of meditative attainment leading to more advanced stages of absorption.

**Right View:** view and wisdom in accordance with the Truths, consisting of the following beliefs: generosity is virtuous; it is necessary to honor those worthy of honor; it is good to be hospitable; actions produce consequences (Law of Kamma); a child has debt of gratitude to his parents; this world and the next exist; there will be afterlife and rebirths; there are heavenly and hell beings; monastics are able to purify themselves of all defilements (to become enlightened).

**Samadhi:** a Pali word for concentration, one-pointedness of mind, mental discipline; a state of stillness of mind.

**Samatha:** tranquility

**Samma arahang:** Pali words which mean “The Noble One who has properly attained enlightenment”, or “Pure state of mind achieved in a proper way”

**Samsara:** the cycle of constant rebirth in which all beings are trapped as a result of their intentional deeds (kamma); ocean of birth and death; eternal wandering; the wheel of cyclic existence.

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**Sanskrit:** another ancient language used in India; Buddhist scriptures in Sanskrit are translated from the Pali language; Sanskrit texts are used by the Mahayana school of Buddhism.

**Seventh Base of the mind:** natural home of the mind, located two finger-widths above the navel in the middle of the abdomen. |

**Sphere of Primary Path:** the beginning path to liberation which emerged in the form of a sphere as experienced during meditation

**'Stop':** stop in this sense means stopping the mind from wandering, or stop doing bad deeds. The key to success in meditation is to still the mind and stop it from wandering.

**Sutta:** Buddhist Discourse

**Ten Recollections:** ten different ways of relaxing one's minds using the recollection method, namely, the Recollection of the Buddha, Recollection of the Dhamma, Recollection of the Sangha, Recollection of Morality, Recollection of Liberality, Recollection of Deities, Contemplation on Death, Contemplation on Body, Contemplation on Breathing, Contemplation on the Virtue of Nibbana

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**Tipitaka (Skt, Tripitaka):** Buddhist scripture. Tipitaka means the Three Baskets. They consist of the Basket of Discipline (Vinaya Pitaka) – rules and regulations of the Order of monks and nuns; the Basket of Discourses (Sutta Pitaka) – discourses concerning social, moral, philosophical and spiritual significance; and the Basket of Ultimate Things (Abhidhamma Pitaka) – dealing with psychological and philosophical aspects of the Doctrine, the four ultimate things, i.e., mind (citta), mental properties (cetasika), matter (rupa) and Nirvana.

**Transcendental merit:** merit acquired through mental cultivation and the practice of meditation, considered to be more potent than mundane merit.

**Vijja:** Knowledge gained from the “Eye of Dhamma”; it is the Knowledge that enables one to rid oneself of ignorance.

**Vipassana:** insight meditation

**Visuddhimagga:** Path of Purification

**Wat:** a Thai word for Buddhist temple.

**Wat Paknam:** one of the most famous Buddhist temples in Thailand where the Great Master Phramongkolthepmuni used to be the Abbot.

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**Wise (*pundita*):** A wise is someone who has wisdom. Being wise is not the same as being educated. A wise can be a person who is highly educated or one with no formal education at all. He is righteous and ethical by nature. A wise is someone who possesses the Right View and the ability to separate right from wrong, good from bad. A wise is the complete opposite of a fool.

**Wrong View:** view that is in contrast with the Truths, for example, having the notion that generosity is not good, parents are not worthy of gratitude, the Law of Kamma does not exist, there is no afterlife and rebirth, heavens and hells do not exist, etc.

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