

Key Words

Atman - the soul in all living things according to Hindu belief.

Brahman - the great God or soul in Hinduism.

Endless - never ending

Ganges - the sacred river of Hinduism.

Habitat - an area with which one is familiar.

Hajj - one of the pillars of Islam - a pilgrimage to Makkah.

Image - an object with special meaning, e.g. in Buddhism it is common to have a statue of the Buddha.

Insight - gaining an understanding of the true nature of things.

Invisible - something we cannot see.

Lama - the title of a teacher within the Tibetan Buddhist tradition.

Makkah - the holy city of the religion of Islam in Saudi Arabia.

Meditation - thinking deeply about something.

Moksha - the goal of the Hindu life, namely get the soul to re-join Brahman.

Monks - a member of a religious community of men typically living under vows of poverty, chastity, and obedience.

Pagan - something that is non-God, or unrelated to the Christian faith.

Preservation - Look after and protect the world.

Psalmist - a poet who wrote the Psalms, songs of prayer and praise contained in the Book of Psalms in the Bible. There are 150 Psalms, many written by king David (who fought Goliath!)

Reflection - an exercise for the mind for the positive to conquer the negative.

Refuge - where to go for peace / time to think and so on.

Remedies - a medicine / ointment that makes a person recover from illness.

Retreat - time away from daily life for thinking, often in a special place.

Rhyd-Ddu - a village in Snowdonia in Gwynedd where the poet T.H. Parry Williams grew up.

Ritual - a religious or solemn ceremony consisting of a series of actions performed according to a prescribed order.

Sangha - a term for a Buddhist community that often includes monks and nuns.

Scriptural teaching - lessons from the Bible.

Shiva - one of the Hindu Trimurti who represents the destructive aspect of Brahma.

Shiva - when the sun goes down.

Stupa - a slender column that usually contains the remains of a Buddhist teacher or monk.

The Virgin Mary - The mother of Jesus.

Varanasi - a city in Northern India that is very special to Hindus, since the river Ganges flows through the city.

Via Dolorosa - the journey of Jesus after being condemned by Pilate to the hill of Calvary to be crucified.