|  |  |
| --- | --- |
| Brahmaviharas | God-like states. The four qualities that the Buddhists tried to develop through meditation., known as godlike because they involve unconditional love, which is very difficult for humans |
| Karuna | Compassion. One of the characteristics of Buddhas and Bodhisattvas, especially in the Mahayana tradition, and one of the four Brahmaviharas |
| Metta | Loving kindness. One of the four Brahmaviharas |
| Metta bhavana | A form of meditation that embraces all beings in loving kindness |
| Mudita | ‘Sympathetic joy’. One of the four Brahmaviharas |
| Pure Land Buddhism | A form of Buddhism that believes enlightenment is only possible in the Pure Land of Amida Buddha, into which the adherent who despairs of attaining enlightenment by their own efforts is born |
| Samatha | Calmness meditation |
| Thich Nhat Hanh | A Vietnamese Buddhist teacher whose teachings have become very famous in the West |
| Upekkha | ‘Equanimity’. One of the four Brahmaviharas |
| Vipassana | ‘Insight meditation’, insight into the lakshanas |
| Zazen | ‘Sitting’. A form of meditation practised by the Soto Zen School |