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| Mandala | A diagram used in meditation that depicts enlightenment. Often beautiful mandalas are constructed using coloured powder and chalks and then destroyed after a few days, as a reminded of impermanence.  |
| Mantra | Literally ‘tool of the mind’, a phrase containing the name of an enlightened being, which is repeated in order to manifest the qualities of that enlightened being |
| Mudra | Hand gestures with particular meanings. Statues of enlightened beings always have mudras, so that they can be identified and associated with a specific Buddhist idea. Mudras are often used in worship, especially in Tibetan Buddhism  |
| Om mani padme hum | ‘Hail to the Jewel in the Lotus’, the mantra of the bodhisattva of compassion, Avalokitesvara  |
| Prayer flags | Flags with mantras written on them. |
| Prayer wheels | Wheels containing mantras, which can be spun in order to symbolically ‘say’ the mantra many times. |