Glossary

Bhikshu - monk

Bhikkhuni - nun

Bodhisattva - enlightenment-being who has vowed to dedicate his life for the sake of all beings

Chapatti - flat bread made of wheat flour

Dakini - tantric deity described as a female embodiment of enlightened energy

Gelong - fully ordained monk

Gelongma - fully ordained nun

Gen / Gen-la - Tibetan word for teacher

Getshul - novice monk

Getshulma - novice nun

Gompa - Tibetan word for monastery; the nuns use this term frequently while speaking English

Jang Gonchoe - yearly debating competition, where nuns from Nepal and India come together to study and debate for one month

Jomo – ‘reverent women’, nun

Kadar - intermediary between the village deity and the villagers – a male medium through which the village deity speaks

Kangyur - the translated words of the Buddha; the entire collection of texts regarded as buddhavacana or ‘Buddha-word’, translated into Tibetan. Depending upon the edition, the Kangyur comprises 101-120 volumes

Kora - traditional circumambulation around a place of reverence

Lama – monk, usually a term used for a respected monk or high teacher

Mala - necklace made of flowers, nuts and dried fruit, usually given to pay respect.

Mani stones - stone plates, rocks and/or pebbles, inscribed with the six syllable mantra
Glossary

‘Om mani padme hum’ as a form of prayer in Tibetan Buddhism

Puja - prayer

Prostration - the placement of the body in a submissively prone position. Often performed before meditation or teachings, prostrations are seen as a means of purifying one’s body, speech and mind

Rinpoche - honorific used in Tibetan Buddhism, literally meaning ‘precious one’. This term used to address or describe Tibetan lamas and other high-ranking or respected teachers

Sentient beings - term used in Buddhism to refer to the totality of living, conscious beings

Tara - female Bodhisattva, known as the ‘mother of liberation’, and represents the virtues of success in work and achievements

Thangka - Tibetan silk painting with embroidery, usually depicting a Buddhist deity, famous scene or mandala.

Tsampa - flour made of roasted barley, grown locally