IB World Religions 2023 IB Exam Review Day 1

BUDDHISM REVIEW

1. Mr. C has discovered that if you follow this basic Outline for Paper #2 (and Paper #1) on the IB Exam about Buddhism then you should receive a high score:
2. Mr. C has discovered that if you follow this basic Outline for Paper #2 (and Paper #1) on the IB Exam about Buddhism then you should receive a high score:
3. Here is the Basic Outline for Buddhism:

First- ANSWER THE SPECIFIC QUESTION WITH A STRONG THESIS

Second- Give more specific information about the specific question (if the question asks about Nirvana, then talk about Nirvana; if the question asks about karma then talk about karma, if they question asks about the 5 Precepts then talk about he 5 Precepts,etc…) Impress the judges with your specific key word Buddhism vocabulary. Some students lost points on their essay last year because they just jumped right to Theravada vs Mahayana without answering the specific question first!

Third- Prove that you know the basic, general information about Buddhism in general. This means quickly state The 4 Noble Truths and The 8 Fold Path- and tie it in to the specific question topic!

Fourth- Now for the majority of your answer argue and then explain HOW DIFFERENT TYPES OF BUDDHISTS AROUND THE WORLD APPROACH, UNDERSTAND, and PRACTICE this part of Buddhism differently depending on….

Theravada Buddhism vs. Mahayana Buddhism vs. (Vajrayana/Zen Buddhism optional)

MOST OF YOUR ESSAY AND ANSWER SHOULD BE SPENT GIVING SPECIFIC DETAILS ABOUT EACH TYPE OF BUDDHISM…and always connecting this information back to the specific question topic!

TO GET A HIGH SCORE GIVE SPECIFIC SACRED TEXTS AND SPECIFIC RITUALS AND PRACTICES FROM EACH TYPE OF BUDDHISM RELATED TO THE QUESTION

Fifth- Give a strong Conclusion connecting back to the specific question topic

Maybe highlight that in the end there is actually not that much difference between Theravada vs Mahayana vs Vajrayana. They do not have ‘wars’ or ‘battles’ amongst each other about differences. In the end they agree on much more than they disagree. WHY? What does that say about Buddhism overall?

Let’s Now Make Sure you Know the Basic Information you need About Buddhism

1. **Part 1 & 2: Basic Buddhist Main Ideas and Doctrines**
2. What are the 4 Noble Truths

Dukkha-

tanha-

nirvana-

MAGGA- 8 fold path

1. What is the 8-Fold Path:

Right knowledge, aspiration, speech….behavior, livelihood, effort….mindfulness, concentration

“PRAJNA” (WISDOM) +

“SILA” (MORALITY) +

“SAMADHI” (CONCENTRATION/MEDITATION)

1. What are the 5 Precepts: (USE THIS FOR ANY QUESTION ABOUT “ETHICS” or “MORALITY”

-Make sure you can discuss “negative” and also “positive side” to each one:

1) Abstain killing….by developing “metta” (loving-kindness) and “ahimsa” (non-violence)

2) Abstain stealing…thru “dana” (generosity)

3) Abstain sexual misconduct….thru “nekkhamma” (renunciation)

4) Abstain wrong speech…thru “sacca” (honesty/truthfulness)

5) Abstain intoxicating substances …thru “sati” (meditation is best drug!)

-Check out this article: [The 5 Precepts: Buddhism and Morality | Buddho.org](https://buddho.org/buddhism-and-morality-the-five-precepts/)

1. What are the 6 Paramitas: (ALSO MENTION THIS FOR ANY QUESTION ABOUT ETHICS OR MORALITY)

Generosity, Morality, Patience, Joyful Effort, Concentration, Wisdom

1. Explain why any question about Buddhism in Paper 1 or Paper 2 about “morality” or “Meditation” or “Wisdom” should always contain this thesis:   
   “The Buddha’s teachings emphasized an INTERCONNECTION between SILA (morality) and SAMADHI (concentration/meditation) and PRAJNA (wisdom).”

-You can re-read the first 6 paragraphs here for a great summary: [The 5 Precepts: Buddhism and Morality | Buddho.org](https://buddho.org/buddhism-and-morality-the-five-precepts/)

1. What is the Buddhist doctrine of ANNICA (Impermanence)
2. What is the Buddhist doctrine of ANATMAN (No-self)
3. What is the Buddhist doctrine of KARMA
4. What is the Buddhist doctrine of NIRVANA

-Note: For Theravada Nirvana NOT EQUAL to Samsara (place to go like heaven)

But for Mahayana NIRVANA = SAMSARA (a state of mind)

1. How could Siddhartha Gautama’s life be read ‘symbolically’ or ‘didactically’?
2. Why do some say Buddhism is ‘transtheistic’?
3. Any other important Buddhist concepts or vocabulary words?
4. **THERAVADA BUDDHISM**
5. In what countries would you find Theravada Buddhism? What does ‘Theravada’ mean and why?

Thailand, Laos, Myanmar “WAY OF THE ELDERS”

1. The goal of Theravada Buddhism is to develop PRAJNA (wisdom) and become an ARHAT.
2. Define PRAJNA
3. Explain an ARHAT
4. How do the goals of Prajna and Arhat affect the way Theravada Buddhism looks and does its practices overall?
5. The most important ‘sacred texts’ (to raise your IB Score!) for Theravada Buddhism is the ‘PALI CANON’ or sometimes called the TRIPITAKA because they believe it is the closest sacred text we have to the actual words and instructions of Siddhartha Gautama and his first disciples (bhikkus). Give some details about the Tripitaka:
6. “Vinaya Pitaka”-? Discipline basket- rules for monks and nuns
7. Sutra Pitaka- ? Discourse Basket Sermons of Siddhartha
8. Abidharma Pitaka-? Discourses and Discussions (Parable of Burning House)
9. The most famous part of the Tripitaka is a section called the DHARMAPADA- Give some main ideas and specific quotes from the Dharmapada here- ?

Most important thing is to individually train your mind to overcome all suffering and illusions…”Be a lamp unto yourself.”

1. Remember you should also give some specific rituals, practices, holidays for Theravada Buddhism also:
2. WESAK- celebrating the birth, death, and enlightenment of Siddhartha is most important in Theravada Buddhism
3. Why?
4. What is Wesak?
5. Give some more details about Wesak?
6. What other specific details can you give about rituals or practices of Theravada Buddhism?
7. What other specific details can you give about ‘daily practices’ of Theravada Buddhist practitioners (Theravada Buddhist monks or nuns)? (‘begging bowls’, etc, etc…..)
8. Anything else important about Theravada Buddhism?
9. **MAHAYANA BUDDHISM**
10. In what countries would you find Mahayana Buddhism? What does ‘Mahayana’ mean and why? Taiwan, China, Japan, South Korea Vietnam BIG RAFT
11. The goal of Mahayana Buddhism is to develop equally both PRAJNA (wisdom) and also KARUNA (compassion) to become a BODHISATTVA.
12. Define Karuna
13. Explain a BODHISATTVA
14. How do the goals of Karuna and Bodhisattva affect the way Mahayana Buddhism looks and does its practices overall?
15. One way to raise your IB Score is to include and explain the Mahayana Doctrine of the ‘TRIKAYA” (It is on pages 160-163 in our textbook). Briefly explain and give the specific vocabulary words for the 3 levels of the Trikaya and how this is important for a Mahayana Buddhists view of everything

NIRMANA-KAYA -EARTHLY BODY (of humans)

SAMBOGHA-KAYA- CELESTIAL BLISS BODY (of bodhisattvas)

DHARMA-KAYA- (Enlightenment-Consciousness)

1. Mahayana Buddhism has A LOT MORE SACRED TEXTS than Theravada Buddhism
2. Why?
3. What is THE HEART SUTRA
4. Give general information about The Heart Sutra:
5. What are some specific lines/phrases from The Heart Sutra you can use in your essay:
6. Why is the Heart Sutra so important for Mahayana Buddhism? (Avalokitesvara)

Sutra given by Avalokitesvara (bodhisattva of compassion)

-main idea that compassion = wisdom. (Highest wisdom is to generate compassion for others)

-NIRVANA = SAMSARA (Nirvana is present and available to all right now)

-Another main idea is EMPTINESS “All Dharmas are Empty”. EVERYTHING is Emptiness (Anatman & Annica) so the only path forward is compassion & mindfulness in the present moment.

1. What is the LOTUS SUTRA
2. Give general information about The Lotus Sutra:
3. What are some specific lines/phrases from The Lotus Sutra you can use in your essay:
4. Why is the Lotus Sutra so important for Mahayana Buddhism?
5. What is the important Mahayana idea of UPAYA (‘skillful means’) found in The Lotus Sutra?

-Main idea of Mahayana is that Buddhism must change and adapt with the times and cultures and use “skillful means” or (UPAYA)to relate to new people

-This is what Avalokitesvara does- “she’ appears out of compassion anywhere and everywhere ‘she’is needed…..THIS is the bodhisattva path of Mahayana Buddhism- to appear in “compassionate action” anywhere that is needed.

(FYI- what does Taiwan’s “Tzu Chi” mean?)

(“Tzu Chi” literally means “Compassionate Action” and the Lotus Sutra is one of the main defining foundations of Tzu Chi)

(This can be a perfect transition into your next paragraph from “The Lotus Sutra” to the specific example of Tzu Chi?)

1. For specific examples of Mahayana Buddhism you can use specific examples from TAIWAN- especially the specific example of Tzu Chi Buddhism in Taiwan! Remember the IB Examiner has never heard of Tzu Chi, so you will need to explain what it is:
2. Why is Tzu Chi called literally “Compassion Relief in Action”?
3. Who is Master Cheng Yen?
4. How does the daily life of Master Cheng Yen and her nuns exemplify Mahayana Buddhism in action?
5. Explain how normal people Tzu Chi volunteers are important to Tzu Chi?
6. Give some specific example of Tzu Chi work (disaster relief? Recycling?, medical care, etc….)
7. Why is Tzu Chi as great specific example of Mahayana Buddhism?
8. Mahayana Ritual Practices involving Bodhisattvas: Give some examples of rituals, mantras, and practices about different Mahayana Buddhist bodhisattvas, such as…
9. Guanyin- mantras, examples?
10. Amitabha “Pure Land Buddhism”- mantras, examples?
11. Others? Manjusri? Ksitigharba? Others?
12. What other specific details can you give about ‘daily practices’ of Mahayana Buddhist practitioners (Mahayana Buddhist monks or nuns or lay people)?
13. Anything else important about Mahayana Buddhism?
14. **OPTIONAL but highly recommended if possible- VAJRAYANA BUDDHISM OR ZEN BUDDHISM**

**If you give lots of details about Theravada vs. Mahayana Buddhism in your essay then you should be OK. However, if you really want to impress the judge and raise your IB score to a 7/7 then maybe you can also include a brief discussion of either Vajrayana Buddhism in Tibet or Zen Buddhism in Japan or Korea.**

**Remember some people say both of these are types of Mahayana Buddhism because they share the same ideas and goals of Mahayana Buddhism- but their practices are very different.**

1. What does ‘Vajrayana’ Buddhism mean and why?

Thunderbolt- Buddhism

1. Why is Vajrayana Buddhism unique to Tibet?

50% Mahayana Buddhism + 50%Tibet Tantric Shamanism

1. Who is the Dalai Lama?
2. The 3 key words about Tibetan Buddhism are MANTRAS, MANDALAS, & DEITY YOGA VISUALIZATION Remember Vajra-yana Buddhism is called ‘Thunder-Lightning Bolt Buddhism’ because it is for the very advanced full-time monks or nun to receive enlightenment in one lifetime fast. So it is filled with esoteric, secret trainings. Try to give some examples:
3. Explain the SAND MANDALA CEREMONY we did in class:
4. Group meditation
5. Secret esoteric teachings passed on by Lamas
6. Practitioner’s mind visualizes and enters the sambogha-kaya realm of the mandala
7. Always destroyed at end and all benefits offered “for the benefit of all sentient beings”
8. Highlights the mix of “prajna” (wisdom) + “karuna” (compassion) and also “annica” (impermanence) and emptiness, etc…
9. Give details about the advanced meditation done on the bodhisattva Tara:

“DEITY YOGA VISUALIZATION”

In both sand mandala and deity yoga visualization- the practitioner’s mind leaves the ‘nirmana-kaya’ and enters the ‘samboghakaya’ realm of the bodhisattvas and “mingles with the bodhisattvas”.

Together they approach the “Dharma-kaya”.

-You can interpret this literally or symbolically.

1. Can you give any more information about Tibetan Buddhism that you can use in your answer:

NOTE: You can stop here if you want! I think if you can talk about Theravada Buddhism, Mahayana Buddhism, and Tibetan Vajrayana Buddhism in your answer then you are finished! However, if you want you could also talk about Zen Buddhism in Japan or South Korea. So questions #7-12 are completely optional only if you think you will use it:

Optional #7. Briefly explain the goal of Zen Buddhism?

Optional #8: Define the important Zen vocabulary word of ZAZEN? Sitting meditation

Optional #9: Define the important Zen vocabulary word of SANZEN? Discussion with Zen Master

Optional #10; Define the important Zen vocabulary word of KOAN? Mind riddle (What is the sound of one hand clapping?)

Optional #11: Define the important Zen vocabulary word of SATORI? Sudden Enlightennment

Optional #12: Any specific examples or details you can give about Zen Buddhism in Japan or South Korea?

UPLOAD YOUR NOTES TO ALL OF THE ANSWERS OF THIS OUTLINE ON CANVAS BEFORE OUR NEXT ONLINE CLASS

BECAUSE THIS INFORMATION IS SO IMPORTANT TO GETTING A HIGH SCORE ON YOUR IB PAPER #1 AND PAPER #2 EXAM (AND BASICALLY WILL DETERMINE 70% OF YOUR FINAL IB SCORE THIS YEAR) THIS HOMEWORK IS SUPER IMPORTANT AND WILL COUNT FOR A 30 POINT HOMEWORK GRADE!