

USING VISUAL CUES Cut out the flash cards below and study the vocabulary words for this section.

fasting

noun

going without food for a period of time

meditation

noun

deep breathing and thought that focuses the mind on spiritual ideas

the Buddha

proper noun

the founder of Buddhism; also known as the “Enlightened One”

Buddhism

proper noun

a religion based on the teachings of the Buddha that developed in India in the 500s BC

nirvana

noun

in Buddhism, a state of perfect peace

missionary

noun

someone who works to spread religious beliefs