



A New Approach: Buddhism 2nd Edition 9780340815052 £9.99
This book is not part of the AQA approval process.

KEY:

Yellow highlight = not explicitly covered in textbook

3.1.1 Buddhism	Book section	Page number
Scriptures and sacred text: Buddhist sources of wisdom and authority.	Unit 6: Buddhist writings	100-113
Influence of the beliefs, teachings and practices studied on individuals, communities and societies.		
A range of Buddhist perspectives in their answers, for example, Theravada, Mahayana, Zen and Pure Land.	Unit 2: Divisions But also throughout book very strong on looking at different perspectives	28-44

Specification content	Book section	Page number
3.1.1.1 Beliefs and teachings: The Dhamma (Dharma)	Unit 1 Buddhist beliefs Unit 2 Division	1-24
The concept of Dhamma (Dharma).	Unit 1 Buddhist beliefs	11
The concept of dependent arising (paticcasamupada).	Unit 1 Buddhist beliefs (Samsara)	21-26
The Three Marks of Existence: •impermanence (anicca) •no fixed self (anatta) •unsatisfactoriness of life, suffering (dukkha).	Unit 1 Buddhist beliefs	13
The human personality, in the Theravada and Mahayana traditions: •Theravada: the Five Aggregates (skandhas) of form, sensation, perception, mental formations, consciousness •Mahayana: sunyata, the possibility of attaining Buddhahood and Buddha-nature.	Unit 2 Divisions	30-35 Five aggregates – 15 Sunyata – 111-112
Human destiny: • Different ideals in Theravada and Mahayana traditions: Arhat (a 'perfected person') and Bodhisattva ideals •Buddhahood and the Pure Land.	Unit 2 Divisions	30-35

Specification content	Book section	Page number
3.1.1.2 The Buddha and the Four Noble Truths	Unit 1: Buddhist beliefs	
The Buddha's life and its significance: •the birth of the Buddha and his life of luxury • the Four Sights: illness, old age, death, holy man (Jataka 075)	Unit 1: Buddhist beliefs	1-11

<ul style="list-style-type: none"> •the Buddha’s ascetic life • the Buddha’s Enlightenment. 		
<p>The Four Noble Truths:</p> <p>1 suffering (dukkha) including different types of suffering</p> <p>2 the causes of suffering (samudaya); the Three Poisons, ignorance, greed and hate</p> <p>3 the end of craving (tanha), interpretations of nibbana (nirvana) and Enlightenment</p> <p>4 the Eightfold Path (magga) to nibbana/nirvana; the path as the Threefold Way: ethics (sila), meditation (samadhi) and wisdom (panna). Dhammapada 190 –191.</p>	Unit 1: Buddhist beliefs	15-19 (105 for Dhammapada quote)

Specification content	Book section	Page number
3.1.1.3 Practices, Worship and festivals	Unit 3: The Buddhist community Unit 4: Special times and places Unit 5: Buddhist Worship	
The nature, use and importance of Buddhist places of worship including temples, shrines, monasteries (viharas), halls for meditation or learning (gompas) and their key features including Buddha rupa, artefacts and offerings.	Unit 3: The Buddhist community Unit 5: Buddhist Worship	60–65 88–98
Puja, the significance and role of puja/devotional ritual in the home and in the temple, including chanting, both as a devotional practice and as an aid to mental concentration, mantra recitation, use of malas.	Unit 5: Buddhist Worship	78–79 84–89
Meditation, the different aims, significance and methods of meditation: <ul style="list-style-type: none"> • Samatha (concentration and tranquillity) including mindfulness of breathing • Vipassana (insight) including zazen • the visualisation of Buddhas and Bodhisattvas. 	Unit 5: Buddhist Worship	80–1 82–3 95-98
The practice and significance of different ceremonies and rituals associated with death and mourning in Theravada communities and in Japan and Tibet.	Buddhist funerals	141–142
Festivals and retreats and their importance to Buddhists in Great Britain today, including the celebrations, origins and significance of: <ul style="list-style-type: none"> •Wesak •Parinirvana Day. 	Unit 4: Special times and places	Wesak – 69-9

There can be some differences in spellings of certain Buddhist terms. Below are terms that are different in the specification than in the book, along with their definition.

AQA term	Book term	Definition
Five Aggregates (skandhas)	Five Khandhas	The five elements that make up a human being
Arhat	Arahant	In Theravad Buddhism, one who has attained Nibbana
Panna	Prajna	‘Wisdom’
zazen	Za-zen	‘Sitting meditation’ in Zen Buddhism