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Answers

Test yourself: nibbana

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Definition	Term
Arahant or Arhat	One who has realised nibbana in this life and is no longer to be reborn.
Dukkha	Suffering; the first Noble Truth.
Kamma	Actions caused by mental formations. Sanskrit: karma.
Nibbana	The Buddhist notion of enlightenment, glimpses of which can be achieved during the final stage of the cycle of existence as an arahant.
Nidanas	Twelve 'links' of conditioned arising.
Nirodha	To stop (thirst, grasping or attachment); the third Noble Truth.
Parinibbana	Full and final nibbana beyond the cycle of existence.
Paticcasamuppada	The Buddhist concept of conditioned arising.
Rebirth	Transfer of energies from one life to the next at the point of death.
Samsara	Cycle of existence; literally meaning 'around and around'.
Tanha	Literally 'thirst' or sometimes translated as 'grasping' or 'attachment'; the second Noble Truth.

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