

Devotional Practices in Buddhism

The following are common practices that occur in any Buddhist temple or shrine.

Complete the table below:

Gesture or action	Significance
Prostrating and bowing before images of Buddha	
Lighting of candles	
Lighting of incense	
Offering of flowers	
Offering of fruit	
Folded palms (placing palms together at chest level)	



Solutions to Worksheet OR-B103: Devotional Practices in Buddhism

Gesture or action	Significance
Prostrating and bowing before images of Buddha	expresses deep veneration and respect for the Buddha's qualities
Lighting of candles	Lighting of candles <ul style="list-style-type: none"> • symbolises wisdom • drives away darkness • of wisdom dispels the darkness of ignorance
Lighting of incense	Offering of Incense: <ul style="list-style-type: none"> • symbolises the fragrance of pure moral conduct and reminds adherents to cultivate good conduct
Offering of flowers	<ul style="list-style-type: none"> • Fresh and beautiful flowers will soon become withered, scentless and discoloured. This reminds adherents of the Buddha's teaching that all things are impermanent and that Buddhists should value what they have now and live in the present.
Offering of fruit	Fruit: <ul style="list-style-type: none"> • symbolises the ultimate fruit of Enlightenment which is a Buddhist goal • reminds adherents that all actions will have an effect
Folded palms (placing palms together at chest level)	expresses the deep reverence to the Triple Gem - Buddha, Dharma and Sangha.

For more information: <http://www.buddhanet.net/e-learning/history/observances.htm>