



Puja

in the home

Puja simply means “reverence, honour, homage, adoration, or worship”.

Puja:

- is an expression of "honour, _____ and devotional attention".
- is a sign of commitment to the Buddhist path, to the _____, to a Buddha or to a Bodhisattva.
- is a way to engage one's _____ and energies to develop positive energy.
- is a powerful method of brightening the _____ and the bright mind can remove defilements of _____, hatred and _____.

<i>dhamma</i>	<i>greed</i>	<i>heart</i>	<i>ignorance</i>	<i>mind</i>	<i>worship</i>
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Buddhist set aside a place in their home for worship.

A simple Buddhist altar, common to nearly all Buddhist traditions, includes:

- a Buddha statue or picture,
- a candle, incense, and flowers.

Ideally, Buddhist altars should be set in the east; this is because the Buddha sat facing east beneath the Bodhi Tree in Bodh Gaya, when he espied the morning star and experienced great enlightenment. The east is where the sun rises, illuminating us all.

The act of Puja is generally performed daily at home (either in the morning or evening or both) includes some or all of the following:

	Significance / meaning
Bowing	
Offerings	
Chanting	
Mantra	
Meditation	
Mala Beads	

Describe a typical puja practiced daily in the home. Use drawing to illustrate your answer.



Solutions to Worksheet OR-B564: Puja in the home

Puja:

- is an expression of "honour, worship and devotional attention".
- is a sign of commitment to the Buddhist path, to the Dhamma, to a Buddha or to a Bodhisattva.
- is a way to engage ones heart and energies to develop positive energy
- is a powerful method of brightening the mind and the bright mind can remove defilements of greed, hatred and ignorance.

	Significance / meaning
Bowing	a sign of respect, reverence, worship and humility.
Offerings	Gifts are offered as a sign of respect and reverence for the Buddha.
Chanting	A way of surrendering and dedicating themselves to a supreme power. Is a means of preparing the mind for meditation.
Mantra	is a sacred word, syllable, or phrase used as an invocation or as object of meditation.
Meditation	to open themselves to a higher state of awareness.
Mala Beads	a string of beads to help focus during worship.

Puja in daily practice

Personal devotion usually entails first making an Offering to a sacred object (such as placing Flowers or fruits before a Buddha image).

When making the Offering, one bows while reciting traditional phrases identifying the Offering.

Next, the devotee either bows or prostrates three times to the Three Jewels. While continuing to kneel with palms-together hands held before the Heart, the devotee then intones various chants typically starting with paying homage to The Buddha, taking the three refuges and undertaking The Five Precepts.

[Puja - Tibetan Buddhist Encyclopedia](#)