

# Worship in the shrine room

Different types of worship take place in the shrine room.

**Q1.** What are three different things that Buddhists might do when they worship?

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**Q2.** (i) What is the name for a type of group worship?  .....

(ii) What are two things this type of worship may include?

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**Q3.** Sometimes Buddhists bow three times during worship. What do the three bows stand for?

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**Q4.** What is meditation?

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**Q5.** What can meditation help people to do?

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## Answers

1. Spin prayer wheels, walk around the statue of Buddha, bow, light candles, burn incense, chant, meditate.
2. (i) Puja. (ii) Chanting the five precepts, chanting mantras or prayers, thinking about Buddha's lessons, making offerings, ringing bells, using prayer beads.
3. The Buddha, the teachings of Buddha, the worldwide community of monks and nuns.
4. A type of worship where people try to empty their mind of bad thoughts and be calm.
5. To be calm and peaceful, to care about others and to concentrate.

## Lesson objectives

- ▶ To show the types of things that happen during everyday worship.
- ▶ To introduce the Five Precepts and meditation.
- ▶ To show that worship may be conducted in different ways.

## Lesson outcomes

- ▶ The children can describe some of the aspects of worship at the temple.
- ▶ The children understand that meditation is a type of worship.
- ▶ The children can list the Five Precepts.

## Teaching notes

*There are many different ways to worship in a Buddhist temple, as can be seen here. All of the different types of worship centre on either thanking the Buddha for his teachings or on learning and practising those teachings.*

### Puja

*Puja is the name given to a wide variety of devotional and offering ceremonies practised in all Buddhist traditions. The word puja comes from a root meaning flower and the practice may have developed from the custom of offering the Buddha flowers on his arrival in a particular place.*

### Five Precepts

*The Five Precepts are the basic code of morality that all Buddhists are meant to adhere to. The second Precept is actually, "avoid sexual misconduct", but it has been given in the student book as "do not act badly", which may be more appropriate to this age level.*

### Mantras

*A mantra is simply a chanted prayer or words, which are repeated over and over again. Some Buddhists believe that the repetition of a mantra can open the mind to good thoughts.*

*Meditation is discussed in detail on the following pages.*

## Complementary work

Let the children use secondary sources about different ways to conduct puja, or to find out about different mantras and what they mean.

## Resources

Secondary sources about pujas and mantras. See [www.theatmanproject.com/integralresources/26/buddhist-mantras.html](http://www.theatmanproject.com/integralresources/26/buddhist-mantras.html) for listings of sites where you can hear mantras and chants online.