

# BUDDHIST WORSHIP

- Analyse why some types of worship are more valued than others.
- Explain how some Buddhists worship.
- Describe some of the features of Buddhist worship.

# POWER OF 3

- Name 5 of the 8 fold path
- Name 2 types of meditation
- \* What is the Just War theory?

**What do they mean?  
Can you define them?**



**Puja:**

**Chanting:**

**Mantra:**

**Mala:**

**Meditation:**



**Puja:** an act of worship

**Chanting:** in Buddhism, reciting from the Buddhist scriptures.

**Mantra:** a short sequence of sacred syllables.

**Mala:** prayer beads that are used to count the number of recitations in a mantra.

**Meditation:** a practice of calming and focusing the mind and reflecting deeply on specific teachings to penetrate their true meaning.

# The purpose of worship

- Worship (puja) allows Buddhists to express their gratitude and respect for the Buddha and his teachings.
- It gives them opportunity to acknowledge how important the Buddha is in their lives.
- It allows them to concentrate on their faith.



## Task

-Summarise this slide in no more than 15 words.

# A mantra

- A mantra is a sequence of sacred syllables that is usually chanted over and over, sometimes spoken and sometimes in the mind.
  - Mantras often call upon the spiritual qualities of a Buddha or Bodhisattva. The most common mantra is .....**‘om mani padme hum’**
- This represents the sound of compassion.**
- Buddhists may recite a mantra hundreds or even thousands of times, often using a mala in order to count the number of recitations.

How does a mantra link to Metta meditation? Which style of Buddhism would this be associated with?

# VIDEO TASK – PUJA WORSHIP



- <https://www.youtube.com/watch?v=0CvWZvolqws>  
(> 5.55)
- Answer these questions in your book
- How can chanting can help Buddhists reach enlightenment? Explain your answer.
- Which do you think is more important – mantra or chanting? Explain your answer

# Discussion task

(POSSIBLE 12 MARK)



- **Buddhist worship is a private affair – evaluate**
- Discuss this statement with the person sat next to you.
- Be prepared to share your answer with the rest of the class.



Offerings		Reciting a passage from a Buddhist text.
Mala		A spiritual practice of reflecting deeply on the Buddha's teachings and the nature of reality.
Bowing		Repeating 'om mani padme hum' over and over again.
Chanting		A chain of beads used to count recitations.
Sacred Text		Bending the body three times in front of a shrine to recall the three refuges.
Reciting mantras		A text containing the Buddha's teachings.
Meditation		Flowers and incense on a shrine.

# PLENARY

- **In your books:**
  - Create two questions that you know the answer to after this lesson.
  - Create one question that you want to find out the answer to after this lesson.

