

## **Ritual and Devotion**

*Exploring the psychology and meaning of Buddhist ritual through the 'Sevenfold Puja'*

A six-week course exploring Buddhist ritual. Provided by Vajrapriya, Cambridge Buddhist Centre, UK. Module 5 of Vajrapriya's Buddhism Two Course in six modules.

Download this overview [here](#).

### **Week 1: Ritual: what, why, and how**

- a) Notes for the teacher, including suggestions for:

Learning outcomes  
Importance of an explorative attitude  
Rituals we know  
Ritual – what and why?  
FWBO dedication ceremony  
Suggestions for home practice  
Recommended further reading

- b) Materials/handouts:

FWBO dedication ceremony  
Handout on main topics as given in a

### **Week 2: Who or what do Buddhists Worship?**

- a) Notes for the teacher, including suggestions for:

Learning outcomes  
Review of last session  
"Heroes"  
Worship and egalitarianism  
Relating to 'archetypal figures'  
Personal exploration by the course leader  
Symbolisms of offerings and shrine room etiquette  
Threefold Puja  
Suggestions for home practice

- b) Materials/handouts:

Handout on main topics as given in a

## FWBO Threefold Puja

### Week 3: Introducing the Sevenfold Puja

- a) Notes for the teacher, including suggestions for:
  - Learning outcomes
  - Review of last session and home practice
  - Introduction to 7fold Puja
  - Discussion of sections 1 to 3 in small groups
  - Going for Refuge
  - How do we develop sraddha / confidence?
  - Short introduction of Mantra
  - Suggestions for home practice
- b) Materials/handouts:
  - The Sevenfold Puja
  - Refuges & Faith worksheet
  - Translations of Pali refuges & precepts
  - Handout on main topics as given in a

### Week 4: Confession and Rejoicing

- a) Notes for the teacher, including suggestions for:
  - Learning outcomes
  - Review of previous class and home practice
  - Why confess?
  - Reflecting on faults
  - Why rejoice in merits?
  - What holds us back from rejoicing / appreciating others
  - Exercise for group or pairs
  - Puja
  - Suggestions for home practice
  - Recommended further reading
- b) Materials/handouts:
  - Diary of regrets/apologies and rejoicings/appreciation
  - Handout on main topics as given in a

### Week 5: Receptivity to the Truth

a) Notes for the teacher, including suggestions for:

Led meditation around nama-rupa

Review of previous class and home practice

Entreaty & Supplication

What's your question?

What closes us off to receptivity?

Introducing the Heart Sutra

Suggestions for home practice

Recommended further reading

b) Materials/handouts:

Handout on main topics as given in a

#### Week 6: Bodhicitta – the awakening heart

a) Notes for the teacher, including suggestions for:

Learning outcomes

Review of previous class and home practice

Transference of merits and self-surrender

Being of service

The bodhicitta

Puja

Suggestions for home practice

Recommended further reading

b) Materials/handouts:

Bodhicitta-meditation by Kamalashila

Handout on main topics as given in a