

## **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