

Puja

Information PowerPoint



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What is Puja?

Hindus worship one or more of the deities, but it doesn't matter which because they are all seen as different aspects of the one supreme God.

This worship is called puja.



What Happens During Puja?

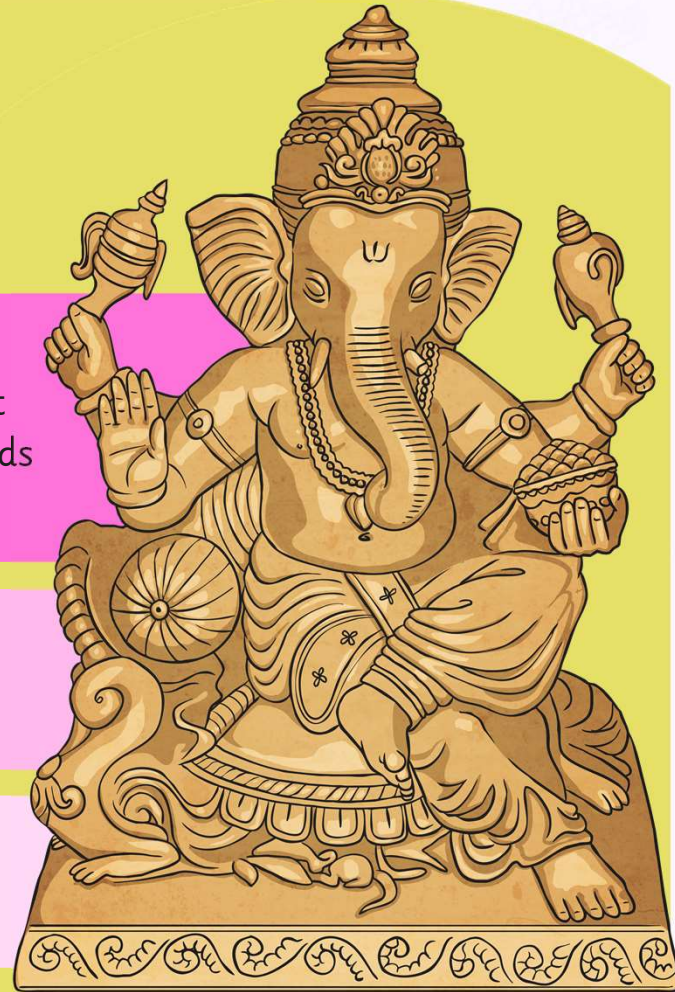
Puja involves:

- praying to an image of a deity (murti)
- giving offerings to the deity.

Worshippers take off their shoes to worship. They usually begin with the sacred word 'Aum' then repeat prayers (mantras) and the name of their favourite gods or goddesses.

Offerings such as fruit, incense, water and flowers are made.

Blessed food, which is known as 'prashad', is eaten once the worship has finished.



Objects Used in Puja

Each shrine contains a puja tray, which holds several important items:

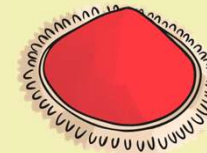
Bell – The worshippers ring the bell to let God know that they are ready to worship.



Incense and incense holder – The incense burns and gives off a pleasant aroma, which purifies the air around the shrine.



Kum kum powder – When mixed with water, this powder makes a red paste. Hindu worshippers use it to mark their foreheads as a sign of respect to the gods. They also mark the foreheads of the gods on their shrine.



Diva lamp – The lamp is lit as a symbol of God's presence.



Water containers and spoon – To show respect, water is offered to the gods on a spoon.



More Facts About Puja at the Temple

Hindus believe that they should involve the whole person as part of their worship.

In order to do this, they pray using many of their senses.

Look at what they include on their puja tray.
What senses do you think they use?

An example of
a puja tray.

