

Buddhism



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The Buddhist Home

Buddhists live in all kinds of homes like everyone else, but some Buddhists choose to have a small shrine area in their house. This is a quiet place where a Buddhist can be alone to focus on their religious belief and practice meditation.



Shrine

Shrine - a holy or sacred place sometimes dedicated towards a certain god, goddess, saint, or similar religious figure.



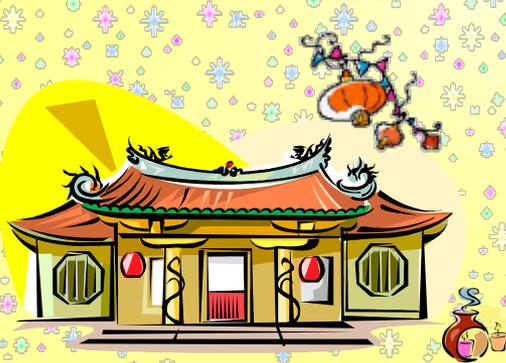
How important are shrine rooms?

Buddhist Centres have meditation rooms with shrines in them, where offerings are made every day. These rooms are the heart of the Buddhist Centre, where the community come together for teachings, meditations and pujas, which are chanted prayers. The meditation rooms are very special and holy places of peace and quiet, perfect for meditation and relaxation.



Respect for shrine room

Buddhists always take their shoes off before they go into the Temple or meditation room. This is a sign of respect and a symbol that they are leaving their day to day problems outside the room and going in with a fresh and positive mind.



What is in a Buddhist Shrine?

The Buddha image - there can be as many of these as you wish if there is space on the shrine, to show he is an important person.

Flowers - these can take the form of decorative arrangements of any natural materials such as fresh or dried flowers, leaves, etc. To show that even beautiful things die.

Candles - there can be as many of these as you wish, to indicate that everything changes.



What is in a Buddhist Shrine?

Incense - as with candles, incense should be regularly offered on the shrine and the holder and surrounding area should be kept clean.

Saints - these are often photographs or images of great teachers or holy beings. It can include a number of people but care should be taken as to who or what takes importance on the shrine.

Sacred objects - this can include an enormous range of objects anything you feel is special, or sacred.

