



ĪSVARA & RELIGIOUS DISCIPLINE

PŪRNA VIDYĀ VEDIC HERITAGE TEACHING PROGRAMME

HOMework



Vrata or Vow

- What vow did you make recently?
- How did you keep this vow?
- How is a vow different from a resolution?

**FESTIVAL:
NAVA RATRI**



Nava Ratri

- Why do we invoke the blessings of Goddess Durga first?
 - What does Goddess Durga represent?
- Why do we invoke the blessings of Goddess Lakshmi next?
 - What does Goddess Lakshmi represent?
 - What are the types of “wealth”?
- Why do we next invoke Goddess Saraswathi?
 - What does Goddess Saraswathi represent?

WORSHIP

Welcoming a Respectable Person

- How do we welcome someone important to us?
 - We welcome an important and respectable person by cleaning ourselves up and dressing appropriately
 - Next we arrive at the train station or airport well in advance to receive this person
 - We take a garland to welcome this person
 - We invite the person home for refreshments
- Who is the “most respectable person” we can think of?

Welcoming Īśvara

- “*Kāyena vāca.....*”
- The physical act of pūjā gives form to and reinforces the sentiment of devotion in an individual towards Īśvara
- Pujā is a way for us to thank the Lord and show our reverence and gratitude to Īśvara

Pancāyatana Pūja

- Panca = five; Āyatana = altar
- Pancāyatana = Altar of five deities
- In the Pancāyatana Pūja, five deities are invoked in the form of naturally occurring stones or crystals
 - Āditya (sun) = sphaṭika (crystal) = Found all over India
 - Ambika (Parvati) = stone with markings = River Svarṇamukhi
 - Viśnu = Sāligrama = River Gandaki
 - Ganeśa = śonabhadra (red stone) = River Śona
 - Siva = bāṇa-linga = River Narmadā

Legend of the Bāṇa Linga

- Arjuna was performing tapas to Lord Śiva to seek Lord Śiva's grace
- Arjuna spotted a boar; he sensed that it had been sent to disturb him and shot an arrow at the boar
- At the same time another hunter shot the boar; they argued and then fought about who actually shot the boar; Arjuna hit the hunter with his arrow

Legend of the Bāṇa Linga

- The hunter revealed his true form as Lord Śiva – he was testing Arjuna’s tapas
- Arjuna prostrated himself before Lord Śiva and asked for forgiveness
- Lord Śiva was pleased with Arjuna’s devotion and gave him the Paśupatāstra
- The next morning when Arjuna went to worship the Śiva Linga, he found it had a marking on it where he had shot the hunter!
- The *bāṇa linga* is a black stone found in the Narmada with a white mark on it

Pancāyatana Pūja

- The pancāyatana puja is typically performed at home and not in the temple
- The devotee keeps the iṣṭa-devata at the center and other idols around the iṣṭa devata idol
- Puja is typically performed with five items representing the five elements
 - Puṣpa (flowers)= Space
 - Dhūpa (incense) = Air
 - Dīpa (lamp) = Fire
 - Gandha (sandalwood paste) = Earth
 - Naivedya (food) = Water



Temple Worship

- Each temple is unique and has slightly different customs
- Can you name some famous temples in India? What are the stories associated with them?
- What festival are we celebrating in our temple this week?
- Who are the deities?
- How do we worship at the temple?

Temple Worship

- What is the story of Mahiṣāsurā? What does Mahiṣāsurā represent?
- Goddess Durgā or Śakti and the battle with Mahiṣāsurā – what does this battle represent?
- Let us sing the *Mahiṣāsurā mardini* stotram....



Homework

- Find out a story about a temple in India and be prepared to discuss it in class next week
- Practice meditation for 5 minutes a day:
Chant “**Om! Namaḥ Śivāya...**” 11 times (chant slowly with your eyes gently closed)
Then silently repeat the mantra with your eyes closed for a few minutes and watch your mind!

Concluding Śānti Mantra

ॐ पूर्णमदः पूर्णमिदम् पूर्णात् पूर्णमुदच्यते
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

- Om pūrṇamadah pūrṇamidam pūrṇātpūrṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate ॥
Om śāntiḥ śāntiḥ śāntiḥ ॥

That is fullness, this is fullness. From that fullness this fullness came. From that fullness (when) this fullness (is) removed, what remains is fullness. Om peace, peace, peace