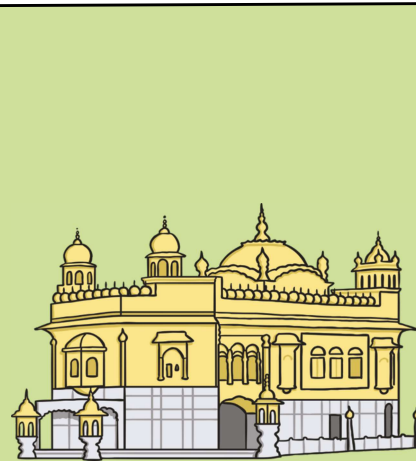
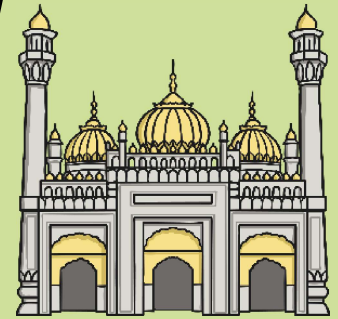


Key Vocabulary

worship	To act in a way that shows great respect and/or love for someone.
place of worship	A building or space where people worship . They may go to pray alone or worship with others. They might go for an important ceremony.
mosque	A Muslim place of worship .
gurdwara	A Sikh place of worship .
Mecca	A city in Saudi Arabia. It is the most holy place in the world for Muslims.
ablutions area	This is where people go to thoroughly wash before praying or touching the holy book, the Qur'an.

Visiting a Mosque

People should wear clothes that cover their arms and legs when they visit. Shoes are taken off when you enter. Pictures of humans and animals are not allowed in **mosques**. Instead, you might see patterns on the wall. People clean themselves in the **ablutions area** before praying. **Mosques** have prayer rooms. The main prayer room is called the musallah. Prayer mats are used for praying. Muslims all face towards **Mecca** when they are praying. Usually men and women pray in different spaces. They can use prayer beads to help them focus.



Visiting a Gurdwara

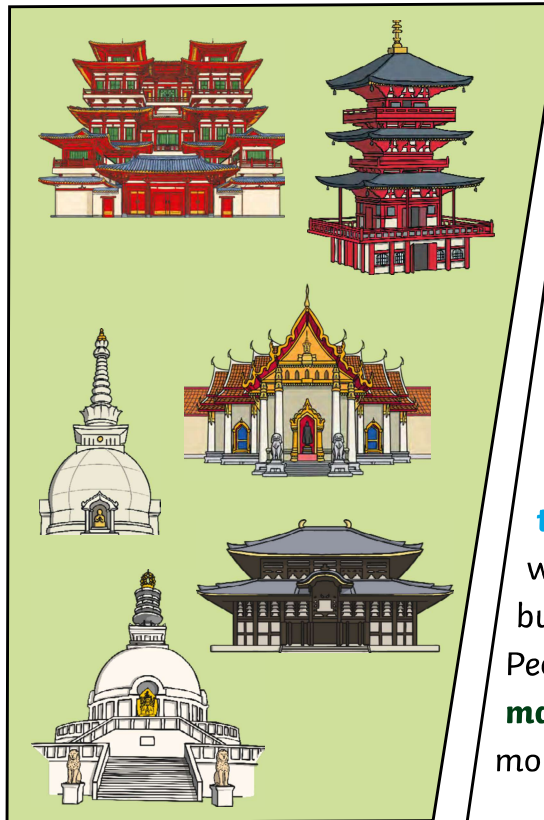
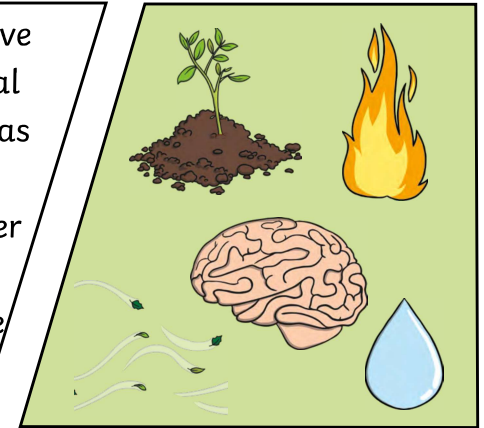
A **gurdwara** has four doors to show that people from all corners of the world are welcome. Any place that has a Guru Granth Sahib (the Sikh holy book) can be called a **gurdwara**. Everyone who enters covers their head to show respect. People also take off their shoes and wash their hands. The holy book is found in the main hall (the Darbar Sahib). Near this is the langar. This is a large kitchen where free vegetarian meals are made. Sikhs help each other prepare the food and when they eat it, they sit on the floor to show they are equal.

Key Vocabulary

Buddhist temple	A Buddhist place of worship .
enlightenment	In Buddhism, this means finding out the truth about life.
Buddha	The title given to Siddhartha Gautama, the founder of Buddhism.
Malas	Beads which help Buddhists keep count of their mantras and also help to focus the mind.
mantra	Sounds or words that are repeated hundreds of times over to help concentration.
Three Jewels	Symbols of the three most important things to Buddhists - Buddha , his teachings and Buddhist people.

Buddhist beliefs

Buddhists do not believe in God. The **Buddha** was not a god but was a special person. He was born as Siddhartha Gautama. He was known as the **Buddha** after he became **enlightened**. Buddhists do not pray to **Buddha** like people of other religions would pray to God. Buddhists believe that the universe is made up of five main things (the five elements). These are earth, air, fire, water and wisdom.

Every **Buddhist** **Visiting a Buddhist Temple**

Every **Buddhist temple** has at least one statue or image of **Buddha** so that Buddhists can thank him for his teachings and show him respect. **Buddhist temples** do not all look the same from the outside. Each **temple** is designed to symbolise the five elements. The earth is represented by the square base of the **temple**. Wisdom is shown by the pinnacle at the very top. The spire represents fire. The crescent of a **temple** represents air and the dome represents water. Inside the **temple**, you might see incense burning, prayer wheels and the **Three Jewels**. People often meditate there. They use **malas** and **mantras** to help them. You might also see monks and nuns.