

Supply list for Trir-upachara Puja

1. A silk or cotton cloth for your altar if you don't already have one
 2. an uddharini (achamanam spoon)
 3. two panchapatra cups (one for achamanam, one for offering water)
 4. a bell – Tibetan bells are best
 5. an incense burner – either traditional Indian style or censor
 6. a small plate for offering flower
 7. Incense – all natural (Jaya Kula will supply in the teaching)
 8. A flower or flowers (Jaya Kula will supply in the teaching)
- Everything should be made of brass, copper, silver, ceramic, glass or bamboo. Do not buy any stainless steel items.
 - Do not take plates and cups from your kitchen. Everything should be new.
 - If you are initiated, you can wear your dhoti while performing puja and doing sadhana.



ghanta (bell)



incense holder



offering plate



silk vedi cloth



panchapatra and uddharini



censor (incense burner fill with rice)