

REQUIRED SUPPLY LIST

Tantrik Pūjā - Level I: Supplies

Most of these supplies can be obtained at your local Indian grocery store. If you are not familiar with these implements the store staff will usually be happy to help. Just tell them you are taking a course in how to perform pūjā. Students need to bring their own supplies (we won't be able to provide items).

1. **Copper or Brass Trays** - 3 round trays between 8-12 inches in diameter. They usually have lotuses, OM symbols or other decorations on them.
2. **Drinking Cups with the Small Spoons** - 3 small cups of copper, brass, or silver-plated, sold with a matching spoon. (*acamanam* cups)
3. **1 Camphor Light Lamp** or "spoon". (*nirajanam*)
4. **2 small Jyotirs + a pack of cotton wicks** (small lamps that are filled with oil and use hand rolled cotton wicks).
5. **Kumbhas** – A "kumbha" is a brass or copper vase that is filled with water into which the deity's energy-presence is invoked). You will need:
 - 2 small kumbhas between 4-6 inches tall
 - 2 medium sized kumbhas between 8-10 inches tall
 - 1 large sized kumbha 12+ inches tall
6. **2 VERY small Copper or Brass Bowls** (1 inch diameter), often with a screw on lid, for the sandalwood paste and kumkum (kumkum is the red paste and powder used in Hindu ceremonies).
7. **Incense Holder** – small
8. **Tambulam** (betel nut) – a pack of 5-10 nuts
9. **Small Copper or Brass Dish** for the akshata (turmeric colored rice). 3-4 inches in diameter & 1-2 inches deep
10. **9 Strips of Cloth** (cotton, wool or linen) 3 strips x 3 colors - red, yellow/gold, white = 9 total. Strips should be 22 inches long x 3 inches wide. (*vastram*)
11. **Camphor** - 2 boxes of camphor blocks (average box contains about 50 blocks packed in 5's or 10's).
12. **Wicks** – 1 or 2 packs of cotton wicks for your oil lamps.
13. **2-3 Lighters** – can purchase at any grocery store in Costa Rica
14. **Incense** – minimum 90 sticks per level of the training. Recommended scents: Cedar, Cypress, Pine, Sandal, Jasmine, Agarwood, Frankincense, Lotus) (Bring about 300 sticks if you are doing all three levels).
15. **Mālās** - for offering as ornaments. 3 or 4 necklaces made of rudraksha, tulsi, pearl, semiprecious stones, etc. Need not be high grade.
16. **2 Washcloths** - for cleaning hands between procedures
17. **¼ pound of "Parimaladravya"**. The powdered aromatic herb blend placed in the sacred water vase during pūjā prep. (one small box or plastic container.)
18. **Sandalwood Powder** (*candanam*). 1/16th – 1/8th pound.

19. **Kum Kum** – 1/16th – 1/8th pound. The red powder used in Hindu ceremonies.
20. **Red Drop Cloth** – for placing under all the puja items. (Can be cotton, linen, wool, or synthetic-natural blend). 25 inches x 35 inches.
21. ***Dharba Grass** – one bunch (about 50 blades of grass). Used to make wands. (this may be hard to find outside of India. If you cannot locate Dharba Grass, “Sweet Grass” is a suitable substitute for students coming from the USA.
22. **Rice** – 1 kg. Cheaply and readily purchased in Costa Rica. (akshata)
23. **Tumeric powder** – 3-5 ounces
24. **Vegetable Oil** – About 1 Pint per week. Can be cheaply and readily purchased in Costa Rica. Used for your lamps.

Tantrik Pūjā - Level II & III: Supplies

*This list is optional. You are welcome to merely watch and take notes of the rituals. If you wish to practice on your own time with your own supplies, then you will need to bring the following...

1. **Ghee** – *If you are on a very tight budget you may use vegetable oil as an acceptable substitute for ghee.* Unsalted butter can be purchased in grocery stores in Costa Rica and you can make your own ghee. If you plan to practice one fire ceremony per day you will need about ½ to 1 pint of ghee per ceremony depending on how much you offer. Again, if you are on a very tight budget it is quite ok to offer only a few drops of ghee for each offering (usually about 108 offerings).
 - a. ***Note:** You may elect to simply learn the fire ceremony formats, mantras, etc. and not practice them while in Costa Rica. In this case you would not need ghee or vegetable oil, though it is recommended to practice a few times while at retreat so that Śrī Rami can answer any questions that may arise about the procedure.
2. **Small Kund** – a “kund” is the receptacle within which the fire ceremony offerings are made to the fire. Portable kunds made of copper are available for purchase online. They are square in shape. The kund you will want for training will be anywhere from 10 inches on the diagonal at the widest part at the top, up to 24 inches on the diagonal at the top.
 - a. Again, as with the ghee, this is optional depending how full an experience you desire from your training.
3. **Havan Samagri – Purely Optional.** 3 or 4 small boxes (approx.. 50 gms each) of Havan Samagri. Havan Samagri is a pre-cut aromatic herbal blend and is a standard fire ceremony offering.
4. **Offering Ladels** – Tantrik Fire ceremonies make use of a pair of specifically shaped offering ladles known as *Śruk & Śruv* in Sanskrit. It is easy to find local carvers in all Indian cities and villages who specialize in making them. They are inexpensive and can

be very simple or very elaborate as you wish. Dharma Bodhi has one pair that are fashioned as Hanuman pouring the oblations from his mouth into the fire, and another pair that are *Nagas* doing the same. The Naga set was carved in Bali and is exquisite, and still inexpensive. However, you may wish to start simply and for this I recommend buying new all-wood carved or store bought, spaghetti spoons or salad spoons. You can always upgrade at a later date. If you are ordering them made from India or Bali the traditional wood to use is Jackfruit Wood, but any wood will do as long as it is non-toxic as it may off-gas as it is immersed repetitively in the fire. Jackfruit Wood is ideal.

*Note: Costa Rican Customs is notoriously lax. They rarely ever check your bags. So keep all of the metal items in one suitcase and all of the camphor, incense, etc., in another suitcase. If anyone is looking at the screen when your bag is scanned they might inquire about the metal objects, but they'll most likely not check the bags with camphor, etc. You can say they are for the practice of your religion. That will usually end the conversation as Costa Ricans don't like to meddle in people's private affairs, and there is not enough volume to make it appear that you are reselling them for profit in Costa Rica.