

# **The Pali Chanting**

## **Lecture Notes**

on

1. The Purpose of Pali Chanting
2. Conditions to Benefit from the Chanting
3. The Use of the Parittas

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## The Purpose of Pali Chanting

- 1 The chanting of 'Paritta Verses' (Protection Verses) can ward off evil forces, overcome them through positive mental action.
- 2 Those who chant or listen to chants with confidence, in the truth of the Buddha's words will enjoy and experience physical and mental well-beings.
- 3 The Paritta chanting protects those who chant and those who listen to it against danger, calamities etc.
- 4 Chanting builds our confidence in the Triple Gems; Buddha, Dhamma and Sangha. It also brings joy and increases our devotional practice.
- 5 The sonorous tones or the vibratory sounds produced by the chanting are soothing to the nerves and produce a state of peace of mind and bring harmony to the system. It brings immediate benefits of serenity, calmness, peace and joy.
- 6 Chanting also serves as a reminder of the practice we need to do in our daily life.
- 7 Chanting is a form of mediation. When we concentrate on the chanting, our mind is in the meditative stage. It brings peace, serenity and calmness. There is little chance of the mind wandering or engaging in unwholesome thoughts. If we are mindful during the chanting, we will be aware of any thought arising and we will know when the thought ceases. Such is the power of being mindful. On the other hand if we are not mindful we tend to make mistakes. Mindfulness in chanting give no room for the evil thought to arise.
- 8 Devas like to be near people who are chanting. This can be in the temples, homes or anywhere.

### **Conditions To Benefit From The Chanting**

There are some conditions to be fulfilled by both the chanters and listeners so as to get the full benefits of the Paritta.

#### **There are three conditions for the chanters :**

- 1 They must learn and chant correctly and without omission.
- 2 They must understand the meaning of what is being chanted.
- 3 They must chant with the heart filled with goodwill and loving-kindness.

#### **The three conditions for the listeners :**

- 1 They must not have committed the five most heinous crimes namely: killing one's own father, mother, killing an Arahant, causing injury to the Buddha, causing schism in the Sangha.
- 2 They must not have the 'fixed wrong view' ie the view that rejects kamma and its results.
- 3 They must listen to the chanting with confidence, respect and attentiveness in order to ward off the dangers and so bring good results.

Only when these conditions are fulfilled do people get full benefits from the Parittas. The chanting of Parittas for benefits is a two way action. Those who chant are like those who give out something, and those who listen are like those who receive what is given, if they do not accept what is given they will not get anything. In the same way, if people do not listen to the chanting, but just let other people chant while they do something else, they will definitely not get the benefits of the chanting.

### **The Use Of The Parittas**

Although the Parittas are for chanting some are to be practiced as well, there are specific uses for the Parittas. Generally they are meant for protection against dangers. They are, in brief, as follow:-

<b>SUTTAS</b>	<b>SPECIFIC USES</b>	<b>CHANTING/PRACTISE</b>
1 Mangala Sutta	For blessings and prosperity.	Chanting and Practising
2 Ratana Sutta	To be free from dangers, caused by disease, evil spirits and famine.	Chanting.
3 Metta Sutta	For all kinds of beings who are suffering. We transfer loving-kindness to them.	Chanting and Practising.
4 Khandha Sutta	For protection against snakes and other creatures.	Chanting and Practising.
5 Mora Sutta	For protection against snares, imprisonment and safety.	Chanting.
6 Vatta Sutta	For protection against fire.	Chanting.
7 Dhajagga Sutta	For protection against fear, trembling and horror.	Chanting.
8 Atanatiya Sutta	For protection against evil spirits, to gain health and happiness.	Chanting.
9 Angulimala Sutta	For easy delivery for expectant mothers.	Chanting.
10 Bojjhanga Sutta	For protection against illness and diseases.	Chanting and Practising.
11 Girimanada Sutta	Blessing for the sick.	Chanting and Practising.
12 Mahasamaya Sutta	Blessing and protection.	Chanting.
13 Jaya Managla Gatha	Blessing and protection	Chanting.