

PALI CHANTING SESSIONS

Pali Chanting was done during the time of the Buddha. Pali was the local Vernacular. There were no books at the time, so monks and lay people committed to memory what the Buddha said.

It is the only link we have with the Buddha since more than 2500 years ago. It is unique and special to Buddhists.

The purpose of chanting may be :

1. To Pay Homage to the Triple Gem, make Salutations or to share blessings
2. To repeat the words of the Buddha (Discourses)
3. To recall what the Buddha said (Reflections)
4. To preserve the Teaching of the Buddha (Through recitation)
5. To allow active participation in the Puja or Taking of Precepts.
6. To calm our mind.

Chanting may be in the following Forms:

- a) Pathas- Devotional Passages: Vandana (Salutations)
Bhithuti (Praises)
Aradana (Invitations or Requests)
 - b) Suttas- Discourses
 - c) Parittas-Protective Verses
 - d) Anumodana- Appreciations or Rejoicing
 - e) Gathas-Verses
 - f) Paccavekkhana-Reflections
 - g) Abhidhamma- Higher Teaching and
 - h) Vinaya- Rules and Discipline (For monks)
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