# Paritta Chanting: An Overview

On this occasion of **Ajahn Brahm's 75th Birthday**, we gather to express our deep gratitude to our beloved teacher. We wish Ajahn good health, happiness, and long life, so that he may continue to be our spiritual guide, an inspiration to both the monastic Saṅgha and the lay community around the world and continue his invaluable service to the longevity of the Buddha Sāsana.

Today, we offer our blessings to Ajahn Brahm by chanting a selection of suttas and auspicious verses drawn from the Sutta Piṭaka and the teachings of the Lord Buddha.

Here is a brief overview of today's chanting:

**Devatārādhanā [දේවතාරාධනා]**

We begin by inviting the devas and all unseen beings who delight in the Dhamma to join us in this blessing ceremony, following an ancient Buddhist tradition.

**Vandanā**

Next, we pay homage to the Triple Gem: the Buddha, the Dhamma, and the Saṅgha.

**Jaya Maṅgala Aṭṭha Gāthā [ජය මංගල අට්ඨ ගාථා]**

We then chant the *Jaya Maṅgala Aṭṭha Gāthā*, eight verses commemorating the Blessed One's great victories over various obstacles. These verses beautifully illustrate the Buddha's courage, wisdom, patience, compassion, and unshakable determination, making them deeply inspiring to reflect upon.

**Maṅgala Sutta**

The next discourse is the *Maṅgala Sutta*, in which the Buddha teaches the thirty-eight highest blessings—the noble qualities and practices that lead to happiness, success, and ultimately the realization of Nibbāna.

**Ratana Sutta**

Following this is the *Ratana Sutta*, which extols the incomparable virtues of the Buddha, the Dhamma, and the Noble Saṅgha, invoking blessings through the power of these Three Jewels.

**Karaṇīya Mettā Sutta**

Next we chant the *Karaṇīya Mettā Sutta*, which explains the true nature of loving-kindness (mettā), how it should be cultivated, and the qualities that support its development. It also offers practical guidance for meditators and is one of the most cherished discourses in the Buddhist tradition.

Together, the *Maṅgala Sutta*, *Ratana Sutta*, and *Karaṇīya Mettā Sutta* form the traditional triad of protective discourses (Parittas) widely chanted throughout the Theravāda Buddhist world.

**Mahācundatthera Bojjhaṅga Paritta [මහා-චුන්ද-ථේර බොජ්ඣංග පරිත්ත]**

We will then chant the *Mahācundatthera Bojjhaṅga Paritta*, which centers on the Seven Factors of Enlightenment (Bojjhaṅgas). According to the tradition, when the Blessed One was unwell, he requested Venerable Mahācunda to recite these qualities. Having listened to them with a mind established in the Dhamma, the Buddha recovered from his illness.

**Anattalakkhaṇa Sutta**

We next chant one of the most profound discourses in the Canon: the *Anattalakkhaṇa Sutta*. Traditionally regarded as the second discourse delivered by the Buddha to the first five monks, it explains the nature of the Five Aggregates (Pañcakkhandha) in terms of impermanence (anicca), suffering (dukkha), and non-self (anattā), showing how they should be contemplated with wisdom. We have included this discourse especially because we know it is one of Ajahn Brahm's favourite suttas.

**Aṭṭhavīsati Paritta [අට්ඨ-වීසති පරිත්ත]**

The *Aṭṭhavīsati Paritta* follows, invoking blessings through recollection of the twenty-eight Buddhas, beginning with Taṇhaṅkara Buddha and culminating with our Buddha, Gotama.

**Mahā Jayamaṅgala Gāthā & Concluding Verses**

We then chant the *Mahā Jayamaṅgala Gāthā*, verses celebrating the Buddha's supreme victory in attaining Perfect Enlightenment and invoking blessings through the power of the Triple Gem.

This is followed by the **Concluding Verses**, in which we share the blessings and merits generated through this act of devotion with all beings.

**Uddissanādhiṭṭhāna Gāthā & Pattānumodanā [උද්දිස්සනා-දිට්ඨාන ගාථා | පත්තානුමෝදනා]**

Finally, we conclude with the *Uddissanādhiṭṭhāna Gāthā* and *Pattānumodanā*. These verses are dedicated to sharing the merits generated through this wholesome act with all sentient beings, making a firm aspiration to persevere on the Noble Eightfold Path, and asking forgiveness from the Buddha, the Dhamma, and the Saṅgha for any faults committed knowingly or unknowingly.

That is a brief summary of today's chanting.

May the blessings generated by this wholesome offering, together with the power of truth and the sublime qualities of the Triple Gem, bring Ajahn Brahm long life, good health, happiness, and strength to continue benefiting countless beings. May he continue to guide us with wisdom and compassion for many years to come. And, in accordance with the Buddha's teaching, may he attain the highest goal—the realization of Nibbāna.

**Sādhu! Sādhu! Sādhu!**