



Paritta sutta chants

The Paritta suttas are not meant to pay homage to Buddha Gautama, nor for saluting a Buddha statue in front of you.

The Paritta suttas are meant to help evoke the Buddha-nature in yourself.

Chanting these suttas, right from the heart, before you begin your meditation exercise, will help to focus you during your exercise.

The force you create chanting these suttas is carried by their veracity, their virtue, the universal love they originate from and the sonorousness of your voice.

Chant these suttas also after you have finished your exercise, to show your respect to everyone who is helping you in life; everyone who helps you back on your feet after you have fallen over life's stumbling blocks, and everyone who made you stumble, and doing so, serving you the necessary life lessons to develop yourself on. So, chant them to thank all the people in the world!

During Buddha Gautama's life and many centuries after his decease, his teachings were passed on orally by his disciples in his native language, being Pali.

Being such an ancient language from a culture very different from our modern Western one, Pali is not easy to translate. However you can study the explanation at the bottom this document to get an idea of the suttas' signification.

To let you experience their force without you having made a magnificent mental concept of them, the signification of the first two suttas is not given.

Paritta sutta chants are written in phonetic English.

Key:

á as in pyjama

ee as in need

oo as in boot

ey as in hey

a as in art

o as in low

e as in Vera

ê as in red

i as in think

'gh' one pronounces like the Dutch pronounce the letter g in the Dutch word « grachtengordel »

Yáneedhá bhootány sámá-gátány

Bhoomá-needhá yáneedhá antá-leekey

Thátágátang déyvá-mánoosá-poodjeetang

Boodhang námá-sámá soovátee ho-too

Yáneedhá bhootány sámá-gátány

Bhoomá-needhá yáneedhá antá-leekey

Thátágátang déyvá-mánoosá-poodjeetang

Dhammang námá-sámá soovátee ho-too

Yáneedhá bhootány sámá-gátány

Bhoomá-needhá yáneedhá antá-leekey

Thátágátang déyvá-mánoosá-poodjeetang

Sanghang námá-sámá soovátee ho-too

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Yámáhang sammá sam-Boodhang, bhákávantang sáránang káto,
eemeená Sakáreyná tang Bhákávantang ábheepoodjá yámy* (Révérence)

Yámáhang svákhátang, bhákávátá Dhammang, sáránang káto,
eemeená sakáreyná tang Dhammang ábheepoodjá yámy* (Révérence)

Yámáhang soopáteepánang, Sanghang sáránang káto,
eemeená sakáreyná tang Sanghang ábheepoodjá yámy* (Révérence)

Áráhang sammá sambooddho bhágává,
Booddhang bhákávantang ábheevádeymy (Révérence)

Svákáto bhákávátá dhammo,
Dhammang námassámy (Révérence)

Soopatteepanno bhágáváto sávákásangho,
Sanghang námámy (Révérence)

Námo Tassá Bhágáváto Áráháto Sammá-sambooddhassá (3 x)

Booddhang sáránang gatchámy
Dhammang sáránang gatchámy
Sanghang sáránang gatchámy

Doottee-ampy, Booddhang sáránang gatchámy
Doottee-ampy, Dhammang sáránang gatchámy
Doottee-ampy, Sanghang sáránang gatchámy

Tátee-ampy, Booddhang sáránang gatchámy
Tátee-ampy, Dhammang sáránang gatchámy
Tátee-ampy, Sanghang sáránang gatchámy

* 'yámy' when singing
alone, 'yámá' when
singing in a group.



Páná-tee-pátá

verámánee sikkhá-pádang sammádee-ámy

Ádeená-dáná

verámánee sikkhá-pádang sammádee-ámy

Kámesoo mee-tchá-tchára

verámánee sikkhá-pádang sammádee-ámy

Moosávadá

verámánee sikkhá-pádang sammádee-ámy

Soorá-meráyá-mádjá-pámá-dátáná

verámánee sikkhá-pádang sammádee-ámy

Námo Tassá Bhágávato Áráhato Sammá-sambooddhassá (3 x)

Sádhoo, Sádhoo, Sádhoo

Explanation of the Pali language:

Áráháng means saint, exalted one, in universal consciousness, fully detached from ideas and judgement.

sammá sambooddho bhágává means that Buddha Gautama has achieved this state of consciousness all by himself. This sentence element is to make you understand that you can become fully detached from ideas and judgement, and experience universal consciousness all by yourself as well. Actually, no-one but yourself can lead you there!

Booddhang bhákávántáng ábheevádeymy means that ego respectfully bows to achieve this goal.

Svákáto bhákávátá dhámno signifies Buddha's perfect teachings, the Dhamma.

Dhammang námassámy means that ego respectfully bows for this Dhamma.

Soopatteepanno bhágávato sávákásangho signifies everyone who supports Buddha's teachings. Not only the monks and laymen, the Sangha, who make efforts to live according to his teachings and try to pass them on to you, but also the people who make you stumble and fall over (your own feet) and, in this way, give you valuable life-lessons. And everybody who supports all these people in their life. So, actually it means all people.

Sanghang námámy means that ego bows ones more, now for all other people.



One welcomes (Námo Tassá) the Buddha-nature (Bhágávato Aráháto Sammá sambooddhassá) three times. The first time for the lessons in life that you already have learned, the second time for today's lessons, the third time for all your life-lessons in the future. For it is thanks to these life-lessons you will be able to discover the Buddha-nature.

Booddhang sáránang gatchámy means that living according to Buddha-nature is your refuge.

Dhammang sáránang gatchámy means that the teachings that lead to the discovery of Buddha-nature is your refuge.

Sanghang sáránang gatchámy means that all people who support the life of these teachings are your refuge.

Doottee-ampy..., Táteee-ampy...; for the second time..., for the third time...

The first time for all your thinking, the second time for all your talking, the third time for all your actions. Thinking, talking and acting are the three vehicles of manifestation of human being.

...verámánee sikkhá pádang sammádee-ámy signifies that you take the firm intention to abstain from...

Paná-tee-patá :

...killing or hurting any living being.

Ádeená-dáná :

...taking whatever is not given to you.

Kámesoo mee-tchá-tchárá :

...any psychological or physical sexual violence.

Moosávadá :

...telling lies, denigrating people and gossiping.

Soorá-meráyá-mádjá-pámá-dátáná :

...consuming anything that fuddles or bemuses your conscience.

Sádhoo : so be it.