

Protective Chants from the Pali Canon

From Paritta Recitation - A Selection of Texts

Recollecting the Qualities of the Buddha, Dhamma and Sangha, Praise, and
Taking Refuge, from Traditional Sources

Invitation to Recite the Parittas

Invocation and Prayer

Paritta

The Metta Sutta - The Discourse on Loving Kindness

Ending a Plague

The Ratana Sutta - The Jewel Discourse

Dedication Prayers

Chants of Protection, from Paritta Chants for Special Blessings

Dedication prayers, from The Book of Protection

Recollecting the Qualities of the Three Jewels, Praise, and Taking Refuge

Homage to the Founder,
 the Endowed Transcendent Destroyer (of defilements),
 the One Gone Beyond,
 the Foe Destroyer,
 The Completely Perfected, Fully Awakened Being,
 the Glorious Conqueror, the Subduer from the Shakya Clan

(Recollection of the Buddha, Dharma, and Sangha)

(This fine report of the Buddha's reputation has spread far & wide,
 that) He is

Worthy of honor and reverence,
 being the Great Benefactor of us all,
 He is an Arahant, completely purified,
 A Fully Enlightened One,

Accomplished in Knowledge and Conduct,
 Well-gone,
 Knower of the world

He is an Incomparable teacher for those to be trained,
 A Teacher of devas and humans,
 The Awakened One
 He is a blessing to the world.

(Recollection of the Dhamma)

His Liberating Teachings
 are well explained,

They are timeless,
to be seen here and now,
They are inviting,
leading onwards,
and to be experienced individually by the wise

(Recollection of the Sangha)

And His Spiritual Community has practiced well,
with understanding, and integrity;
They have practiced with faith and clear intelligence,
with diligent effort and dedication,

They are worthy of praise and respect,
They are worthy of love and support
They are worthy of gifts,
Worthy of hospitality,
Worthy of offerings,
They are an incomparable field of merit for the world!

I take refuge in the Buddha, the Enlightened One, the Great Compassionate
Teacher

I take refuge in the Dharma, in all the Liberating Teachings,

and I take refuge in the Noble Sangha, the Accomplished Spiritual
Community, the Assembly of Saints

Praise and Taking Refuge

Endowed with excellent qualities,
 of purity, transcendental wisdom, and compassion,
 The Great Teacher has enlightened the wise
 like the sun awakening the lotus -
 I bow my head to that peaceful chief of conquerors.

The Buddha, who is the supreme, secure refuge of all beings -
 As the First Object of Recollection, I venerate Him with bowed head.
 The Buddha is sorrow's destroyer, and He bestows blessings

I take refuge in the Buddha

To the Buddha I dedicate this body and life,
 And in devotion I will walk the Buddha's path of awakening.
 By my devotion to the Buddha, and by the blessing of this practice,
 By its power, may all obstacles be overcome.

The Dhamma is excellent because it is so clear and inspiring,
 It's actual nature is known when put into practice -
 it can be seen then as Path and Fruit, Practice and Liberation.
 The Dhamma holds those who uphold it from falling into delusion.
 I revere the excellent teaching, that removes darkness from the mind

The Dhamma, which is the supreme, secure refuge of all beings -
 As the Second Object of Recollection, I venerate it with bowed head.
 The Dhamma is sorrow's destroyer, and it bestows blessings

I take refuge in the Dhamma

To the Dhamma I dedicate this body and life,
 And in devotion I will walk this excellent way of Truth.

By my devotion to the Dhamma, and the by blessing of this practice,
By its power, may all obstacles be overcome.

Born of the Dhamma, that Sangha
Is guided in body and mind by most excellent virtue.
I revere that assembly of Noble beings perfected in purity.

The Sangha, which is the supreme, secure refuge of all beings
As the Third Object of Recollection, I venerate it with bowed head.
The Sangha is sorrow's destroyer and it bestows blessings

I take refuge in the Sangha

To the Sangha I dedicate this body and life,
And in devotion I will walk the well-practiced way of the Sangha.
By my devotion to the Sangha, and by the blessing of this practice,
By its power, may all obstacles be overcome.

To the Buddha,
The Savior having Great Compassion and Great Wisdom,
with qualities like a vast ocean,

To the purity which makes one free from attachment,
The virtue which frees one from the lower realms,
To that Dharma which pacifies, brings freedom,
and reveals our true nature,

And to those who are liberated and who also show the path to liberation,
The holy field qualified with realizations,
Who are devoted to the moral precepts,
and to the benefit of beings,
To the Sangha, the sublime community intending virtue -

Homage

I take refuge in the Buddha

I take refuge in the Dharma

and

I take refuge in the Noble Sangha

May all beings share in these blessings.

Invitation to Recite the Parittas

For the warding off of danger.
For the accomplishment of all Happiness.
For the destruction of all suffering.
Let us recite together the auspicious protective chants.

For the warding off of danger.
For the accomplishment of all Happiness.
For the destruction of all fear.
Let us recite together the auspicious protective chants.

For the warding off of danger.
For the accomplishment of all Happiness.
For the destruction of all illness.
Let us recite together the auspicious protective chants.

Namo Tassa Bhagavato Arahato Samma Sambuddhasa

Homage to the Blessed One, the Noble One, the Perfectly Enlightened One

Invocation and Prayer

1.

O devas,
residing in ten thousand universes,
may you come here to this place,
and listen to the sacred doctrine of the Lord of Sages,
which can yield divine bliss and perfect emancipation.

2.

O devas this is the right time to listen to the doctrine.

3.

May our veneration be dedicated to Him, the Mighty, the Infallible, the Supreme Buddha.

4.

Those who are tranquil and peaceful in mind,
who have taken refuge in the three holy jewels,
here in this world or in other spheres;

the devas terrestrial and celestial,
who always wish to cultivate merits.

Those devas, and the King of devas residing on royal Meru,
the majestic golden mountain,

and all virtuous ones
 may you come here in unity to listen to the noble words of the Great Sage,
 which are the root cause of peace and well being

5.

The demons, the devas, and gods in all universes
 hereby may rejoice, in whichever meritorious deeds we have done for the
 accomplishment of all enjoyments.

6.

Having rejoiced in this sharing of merit,
 may all be comfortable and unanimous in His Teachings.

May all be free from negligence especially in the duties of protection.

7.

May there always be prosperity in the religions as well as in the world.

May the devas always guard the religion as well as the world.

8.

May all of you together with your retinues be happy.

May you together with all of your relatives be free from suffering
 and may you be joyful.

9.

May you take care in protecting from the dangers of tyrants, robbers, human enemies, inhuman beings, conflagrations, floods, demons, tree-stumps, thorns, evil planets, village diseases, law-breakers, heretics, impious men, and of dangers from wild elephants, horses, beasts, bulls, dogs, serpents, scorpions, copper-head snakes, panthers, bears, hyenas, boars, buffaloes, ogres, devils, and so on,

and also of dangers from various fears, various diseases and various disasters.

The Metta Sutta

This is what should be done
by those who are skilled in goodness,
and who know the path of peace:

Let them be able and upright,
humble and not conceited,
contented and easily satisfied,
unburdened with duties
and frugal in their ways.

Peaceful and calm,
and wise and skillful,
not proud and demanding in nature.
Let them not do the slightest thing
that the wise would later reprove.

Wishing: in gladness and in safety,
may all beings be at their ease.

Whatever living beings there may be,
whether they are weak or strong,
omitting none,
the great or the mighty,
medium, short or small,
the seen and the unseen,
those living near and far away,
those born and to-be-born –
May all beings be at ease!

Let none deceive another,
or despise any being in any state.

Let none through anger or ill-will
wish harm upon another.

Even as a mother protects with her life
her child, her only child,
so with a boundless heart
should one cherish all living beings;

radiating kindness over the entire world,
spreading upwards to the skies,
and downwards to the depths,
outward and unbounded,
freed from hatred and ill-will.

Whether standing or walking,
seated or lying down,
free from drowsiness,
one should sustain this recollection.
This is said to be the sublime abiding.

By not holding to fixed views,
the pure-hearted one,
having clarity of vision,
being freed from all sense desires,
is not born again into this world.