

An Analytical Study of Paritta recitation events with reference to religious literature: views on the impacts of Paritta chanting

¹Ven. Ariyavamsa, 2021

Abstract

Paritta Chanting is the recital of some of the *Suttras* uttered by the Buddha for the blessings and protection of the devotees. It is worthy to note that each Paritta Sutta has a specific function, though any Paritta can be recited for general protective measure. This research analysed Paritta recitation events to investigate the benefits of Paritta chanting and provide an exhaustive overview into the practice followed in Theravada nations, Myanmar in particular. It also explored perceptions of Venerable sayardaws and laypeople on the impacts of Paritta chanting. A mixed method was used: a descriptive analysis of Paritta recitation events with reference to religious literature and qualitative in-depth interviews for exploring views on the impacts of Paritta chanting. The benefits of chanting parittas as found in the descriptive analysis of experiences by monks and laypeople include freedom from dangers and better health along with confidence in daily life as well as individual perceptions by interviewed participants. It is hoped to provide an insight into prevalent socio-religious features inherent in the practice of chanting parittas.

Key words: Paritta, chanting, recitation, prevalent, socio-religious,

¹ Ven. Ariyavamsa, a PhD student of Global Peace University, Mandalay