

## **Sutta chantings - volume 1**

### **Satipaṭṭhāna Sutta**

In this sutta the Buddha describes the practise of his teaching in great detail. The four-fold satipaṭṭhāna— kāyānupassanā (observation of the body), vedanānupassanā (observation of sensations), cittānupassanā (observation of the mind), and dhammānupassanā (observation of the contents of the mind) is the quintessence of the practical teaching of the Buddha.

### **Āṭānāṭiya Sutta**

This protective discourse (paritta) pays homage to the past seven Buddhas, the last being Siddhattha Gotama. Remembering the qualities of the Buddha increases one's confidence in Dhamma and thus gives protection against any harm from beings, who do not have faith in the Buddha's teaching.

### **Mahāsamaya Sutta**

Once in the lifetime of every Sammāsambuddha there is a Mahāsamaya (The Great Occasion) when a large number of devās and brahmās from many cakkavāḷas assemble to pay respect and listen to the Buddha. With such a large gathering of sammā devās listening to the Buddha's special discourse the atmosphere of the whole Indian peninsula becomes charged with Dhamma.

### **Girimānanda Sutta**

This sutta was recited for the benefit of Bhikkhu Girimānanda who was very sick. It describes the ten saññās (perceptions).

### **Khandha Paritta**

This protective discourse was given by the Buddha on an occasion when a certain monk died as a result of snakebite. The Buddha taught the bhikkhus how to practise mettā for their own protection.

### **Jinapañjara**

Jina or 'conqueror' is an epithet of the Buddha. Pañjara means cage. The sutta eulogises the past Buddhas and arahats; and the cage of Dhamma protection they formed for themselves.

### **Dhajagga Sutta**

This protective discourse (paritta) was given by the Buddha while dwelling at the Jetavana monastery. He advised the monks to recall the virtues of the Buddha, Dhamma and Saṅgha, should fear arise in them when they go to the forests, foot of trees, or isolated places. By this recollection, one is protected from fear (of disasters of snares, demons and thieves).