



## CHANTING AMITABHA BUDDHA (peaceful Buddha)

### *Teacher Instruction and Notes:*

Each lesson will be 30mins in duration. The chanting component will be a 10mins introduction to each lesson. It is advisable for the teacher to remind students of the benefits of chanting.

### **Benefit of Chanting**

**Chanting the Amitabha name helps concentration, focus, purify the mind and calmness. It helps reduce:**

- Anxiety
- Our existing worries
- Unsettled mind
- Miserable thoughts
- Distressing thoughts

and eventually all negative thoughts will be eliminated (go away, no longer exist).

### **Amitabha Buddha- Buddha's name in different languages**

*Note: Teachers will consider the preferred language of their students and Chanting Amitabha can be conducted accordingly.*

#### Languages

- Sankrit (Indian ancient language and English universal language) - "Amitabha Buddha"
- Chinese language-"Amitufo"
- Thai language-"Amitabh"
- Vietnamese language-"A Di Đà Phật"
- Japanese language-"Amid Butsu".

*Optional: Teacher discretion will used to choose the language most applicable.*

### **Meaning of the Chant**

**The meaning of Amitabha Buddha (Peaceful Buddha or Meditation Buddha)**

- Amitabha-(unlimited)
- Buddha-wisdom and awakening
- **Unlimited wisdom and awakening. (The Buddha-nature exists within of all living beings).**
- While chanting our mind must be: SINCERE, MINDFUL and CONTINUOUSLY FOCUSSED

### **Lesson Steps (10min):**

- 1- Recite name of Master Shakyamuni Buddha- express gratefulness to the Buddha**  
Nam Mô Shakyamuni Buddha (3 times)
- 2- Breathing meditation-connect mind and body to the present**  
Next breath in, breath out breath meditation (3 times),
- 3- Chanting Amitabha-peaceful Buddha-lead to complete mindfulness**  
followed by Chanting Amitabha student repeat after teacher (3 times)
- 4. Once the students are in a peaceful state of mind and are in harmony, they will conclude the chanting by reciting the Offer of Merits.**

### **Method:**

-Sitting on the floor, legs cross in a comfortable position, shoulders relaxed, keep middle back straight, place right hand over left hand, eyes either half-closed or looking down to the floor, focus on one spot, begin breathing technique:

- One breath in through nose

- One breathe out from the mouth gently, being softly aware of each breath in and out  
(repeat 3 times).

-Next begin chanting, as teaching time only for 30mins. (Allow 5 mins - 10mins).

#### **\*While chanting:**

We should pronounce each syllable clearly and distinctly so that we can hear the chant, hear our voice or we could quietly recite in mind no matter walking, standing, sitting and lying (in every state).

### **Extension:**

Once students are competent, try having students chant by themselves by dividing them into two groups, each group takes a turn and each chanting repeating three times. This can be done just for a few times.

**Remind student they can do this at anytime no matter walking, standing, sitting or lying down.**

### **IMPORTANT NOTES FOR TEACHER:**

Chanting can be taught from K-6, it is recommended that K-4 time could be around 5 to 8 mins, students this age enjoy chanting).

5/6 breathing meditation time is recommended 5 to 10 mins (as they are older they tend to enjoy breathing in/out meditation).