



**Shanthi Vihara Dhamma School**

# Blessings

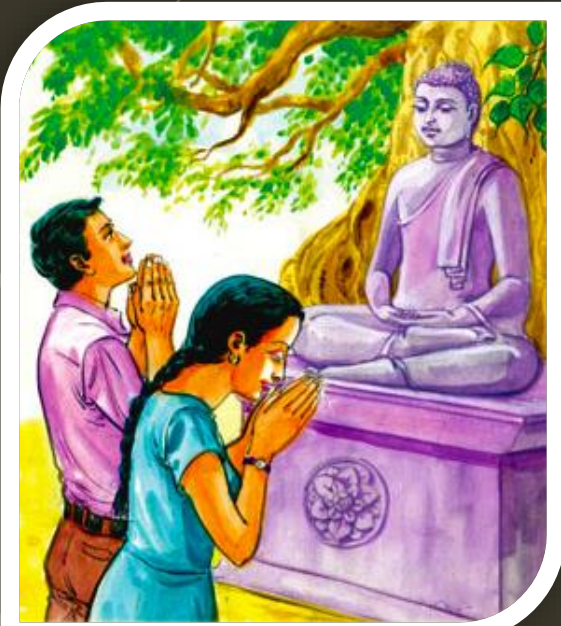
Dhamma School Lessons for KS1



# Blessings....



# What are Blessings?



- Blessings are expressions of good wishes for success and protection.
- Blessings are very powerful. We use it in many important occasions and auspicious events.

# We receive blessings from...

1. Parents



3. Monks



5. Friends



2. Teachers



4. Elders



# How do we receive blessings?

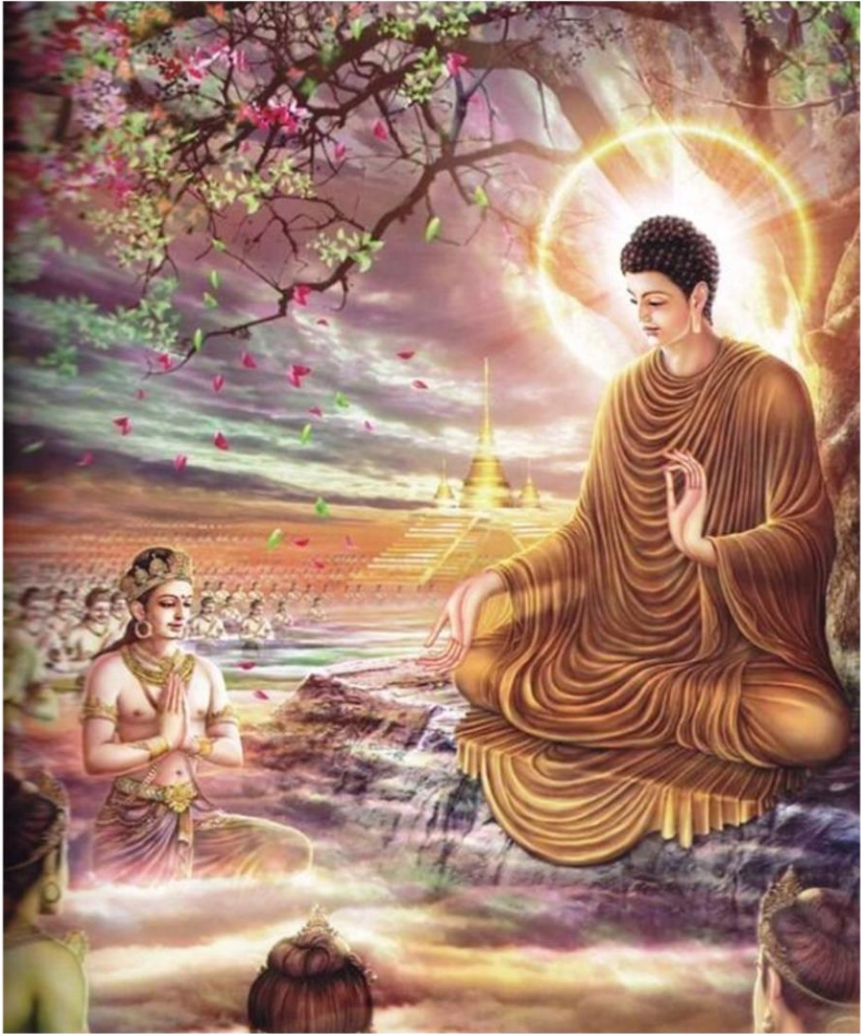
Mostly by words

Elders bless us with loving words

Examples:

- “May the triple gem bless you !”  
( තෙරුවන් සරණයි ! )
- “May the Buddha’s blessings be with you !”  
( බුදු සරණයි ! )
- “May you have the blessings of the Tooth Relic !”  
( දළදා සමිඳු සරණයි ! )
- “May the blessings of the Sri Maha Bodhi be with you !”  
( සිරි මහ බෝ සරණයි ! )

# When do we need blessings?



We need blessings on our special events like birthdays, Weddings, First day at school. We get blessing threads and water. When we get sick, we invite monks to give us blessings

# Blessings on special events

We get blessings from our elders on Sinhala and Tamil New Year Day.

We celebrate every New year by acquiring blessings by visiting the Temple.



# Blessing thread.

## What is a blessings thread?

A blessing thread, or pirit nul (පිරිත් නූල්) is a string that has been chanted over by the monks or nuns.



## Blessing Water.

### ► What is blessings Water?

► A blessing Water, or pirif Pan (පිරිප් පාන) is water that has been chanted over by the monks or nuns.



## Blessing Water.

- **When do we get blessings Water?**
- We receive it when we are ill. It will help us to recover soon.





# Exercise

- Who gives us blessings?
- You received blessings from monks? Name one occasion.
- When do you get blessing threads?
- When do we receive blessings water?
- From whom can we receive blessings?