
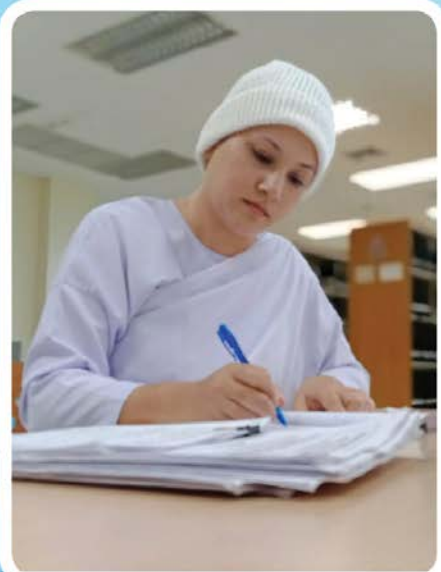


# Nun Mithila Chowdhury


Secretary General of Dhammachackka Alliance Of Asia.



## The Global Dhammacakka Forum


Time: Nov 30, 2020 16:00 - 20:00 PM Bangkok  
Full Moon Day , 1st Lunar month  
Join Zoom Meeting  
Meeting ID: 972 5311 7832  
Passcode: 671451

Website : [www.dhammacakka.net](http://www.dhammacakka.net)  
Live by Page : World Alliance of Buddhists ( WAB )



### Ms. Mithila Chowdhury ( Nun )

Secretary General of Dhammacakka Alliance of Asia  
Speaker



Homage to triple Gem regards to all speakers of Global Dhammachackka Forum.

Chanting is a process of gathering the divine and spiritual energies that help in the transformation of different life issues thus benefiting each and every aspect of life. Physical body issues, mental blockage , energy blockages emotional imbalances, trauma, spiritual blockages, challenges associated with relationship along with the negative emotions. All of these issues can be healed with suttras. Several scientific studies have been conducted to observe the meditative

effects on the body. The benefits of chanting have been observed in the form of improve pulmonary function, increased mental alertness, increased environmental awareness and potential relief from depression and stress.

Another study has postulated that, chanting suttras can enlighten and purify our mind , make oneself and others happier and healthier, spreads compassion, love , forgiveness and most importantly uplift the spiritual standing.

When we chant suttras our mind releases the positive energy that decreases the negative thoughts or stress. Scientific studies have found that chanting Dhammachackka suttra can decrease anxiety and depressive symptoms in the human body.

Studies done at many renowned Universities showed that those who did chanting had a psycholinguistic effect on their body which increased good brain chemistry, so they started healing. Chanting is powerful and can heal in amazing ways. Chanting can boost up our energy level, chanting can create a better mood and end depression.

This all comes about because of changes in our brain chemistry.

As I got benefits with chanting DhammachackkaPavattana sutta, so my will is to invite my near and dear one as well everyone across the world to be experienced with same benefits with chanting DhammachackkaPavattana.

So let's chant Dhammachackka Pavattana sutta together to create a world record of chanting together and this effort may consider as the unity of Buddhist around the World.

Sadhu. Metta to all.