

❧ CHANTING OF METTĀ BHĀVANĀ - LOVING KINDNESS MEDITATION ❧

Aham avero homi  
abyāpajjho homi  
anīgo homi  
sukhī attānam pariharāmi  
Aham viya myham  
āchari upajjhāyā  
māthā pitharo  
hitha satthā  
majjhattika satthā  
verī satthā  
averā hontu  
abyāpajjhā hontu  
anīghā hontu  
sukhī atthānam pariharantu  
dukkhā muñchanthu  
Yathā laddha sampatthito māvigacchantu  
Kammassakā

Imasmim vihāre  
imasmim gocharagāme  
imasmim nagare  
imasmim deepe  
imasmim lankādeepe  
imasmim jambudeepe  
imasmim chakkavāle  
issara janā  
sīmattaka devatā  
sabbe satthā  
averā hontu  
abyāpajjhā hontu  
anīghā hontu  
sukhī atthānam pariharantu  
dukkhā muñchantu  
Yathā laddha sampatthitho māvigacchantu  
Kammassakā

Puratthimāya disāya  
dakkhināya disāya  
pacchimāya disāya  
uttarāya disāya  
puratthimāya anudisāya  
dakkhināya anudisāya  
pacchimāya anudisāya

May I be free from anger;  
may I be free from ill will;  
may I be free from mental and physical suffering;  
may I look after myself and live happily.  
As I am,  
so may my noble mentors,  
my mother and father,  
friendly beings,  
indifferent beings,  
and unfriendly beings,  
be free from anger;  
be free from ill will;  
be free from mental and physical suffering;  
may they look after themselves, live happily,  
and be free from suffering.  
May whatever they have gained, not be lost.  
All beings are owners of their kamma.

In this monastery;  
in this village;  
in this city;  
in this country;  
in Sri Lanka;  
in the Indian Subcontinent;  
in this universe,  
may prosperous leaders,  
devas within these boundaries,  
and all beings,  
be free from anger;  
be free from ill will;  
be free from mental and physical suffering;  
may they look after themselves, live happily,  
and be free from suffering.  
May whatever they have gained, not be lost.  
All beings are owners of their kamma.

In the eastern direction;  
in the southern direction;  
in the western direction;  
in the northern direction;  
in the southeast direction;  
in the southwest direction;  
in the northwest direction;

uttarāya anudisāya  
hettimāya disāya  
uparimāya disāya  
sabbe satthā  
sabbe pānā  
sabbe bhūtā  
sabbe puggalā  
sabbe atthabhāva pariyāpannā  
sabbā itthiyo  
sabbe purisā  
sabbe ariyā  
sabbe anariyā  
sabbe devā  
sabbe manussā  
sabbe amanussā  
sabbe vinipāthikā  
averā hontu  
abyāpajjhā hontu  
anīghā hontu  
sukhī attānam pariharantu  
dukkhā muñchantu  
Yathā laddha sampatthitho māvigacchantu  
Kammassakā

Sabbe satthā sukhīno bhavanthu  
Sabbe satthā sukhīno bhavanthu  
Sabbe satthā sukhīno bhavanthu

### **Closing Verses of Protection**

Bhavatu sabba mangalam  
rakkhantu sabba devatā  
Sabba buddhānubhāvena  
sadā sotthi bhavantu te  
Bhavatu sabba mangalam  
rakkhantu sabba devatā  
Sabba dhammānubhāvena  
sadā sotthi bhavantu te  
Bhavatu sabba mangalam  
rakkhantu sabba devatā  
Sabba sanghānubhāvena  
sadā sotthi bhavantu te

Sādhu! Sādhu! Sādhu!

in the northeast direction;  
in the direction below;  
and in the direction above,  
may all beings,  
all living beings,  
all creatures,  
all persons,  
all individuals,  
all females,  
all males,  
all noble ones,  
all worldlings,  
all deities,  
all humans,  
all non-humans,  
and all those in the four woeful planes,  
be free from anger;  
be free from ill will;  
be free from mental and physical suffering;  
may they look after themselves, live happily,  
and be free from suffering.  
May whatever they have gained, not be lost.  
All beings are owners of their kamma.

May all beings live happily.  
May all beings live happily.  
May all beings live happily.

May all good fortune come your way; may all the  
deities protect you.  
By all the power of the Buddha, may you always enjoy  
wellbeing.  
May all good fortune come your way; may all the  
deities protect you.  
By all the power of the Dhamma, may you always  
enjoy wellbeing.  
May all good fortune come your way; may all the  
deities protect you.  
By all the power of the Sangha, may you always enjoy  
wellbeing.