

Chanting Of Metta Bhāvanā – Loving Kindness Meditation

Aham avero homi	May I be free from anger;
abyāpajjho homi	may I be free from ill will;
anīgo homi	may I be free from mental & physical suffering;
sukhī attānam pariharāmi	may I look after myself and live happily.
Aham viya myham	As I am,
āchari upajjhāyā	so may my noble mentors,
māthā pitharo	my mother and father,
hitha satthā	friendly beings,
majjhattika satthā	indifferent beings,
verī satthā	and unfriendly beings,
averā hontu	be free from anger;
Abyāpajjhā hontu	be free from ill will;
anīghā hontu	be free from mental & physical suffering;
sukhī atthānam pariharantu	may they look after themselves, live happily,
dukkhā muñchantu	and be free from suffering.
Yathā laddha sampatthito	May whatever they have gained,
māvigacchantu	not be lost.
Kammassakā	All beings are owners of their kamma.
Imasmim vihāre	In this monastery;
imasmim gocharagāme	in this village;
imasmim nagare	in this city;
imasmim deepe	in this country;
imasmim lankādeepe	in Sri Lanka;
imasmim jambudeepe	in the Indian Subcontinent;
imasmim chakkavāle	in this universe,
issara janā	may prosperous leaders,
sīmattaka devatā	devas within these boundaries,
sabbe satthā	and all beings,
averā hontu	be free from anger;
abyāpajjhā hontu	be free from ill will;
anīghā hontu	be free from mental and physical suffering;
sukhī atthānam pariharantu	may they look after themselves, live happily,
dukkhā muñchantu	and be free from suffering.
Yathā laddha sampatthitho	May whatever they have gained,
māvigacchantu	not be lost.
Kammassakā	All beings are owners of their kamma.

Puratthimāya disāya In the eastern direction;
dakkhināya disāya in the southern direction;
pacchimāya disāya in the western direction;
uttarāya disāya in the northern direction;
puratthimāya anudisāya in the southeast direction;
dakkhināya anudisāya in the southwest direction;
pacchimāya anudisāya in the northwest direction;
uttarāya anudisāya in the northeast direction;
hettimāya disāya in the direction below;
uparimāya disāya and in the direction above,

sabbe satthā may all beings,
sabbe pānā all living beings,
sabbe bhūtā all creatures,
sabbe puggalā all persons,
sabbe atthabhāva pariyāpannā all individuals,
sabbā itthiyo all females,
sabbe purisā all males,
sabbe ariyā all noble ones,
sabbe anariyā all worldlings,
sabbe devā all deities,
sabbe manussā all humans,
sabbe amanussā all non-humans,
sabbe vinipāthikā and all those in the four woeful planes,
averā hontu be free from anger;
abyāpajjhā hontu be free from ill will;
anīghā hontu be free from mental and physical suffering;
sukhī attānam pariharantu may they look after themselves, live happily,
dukkhā muñchantu and be free from suffering.
Yathā laddha sampatthitho May whatever they have gained,
māvigacchantu not be lost.
Kammassakā All beings are owners of their kamma.

Sabbe satthā May all beings
sukhīno bhavanthu live happily.
Sabbe satthā May all beings
sukhīno bhavanthu live happily.
Sabbe satthā May all beings
sukhīno bhavanthu live happily.