Chanting Of Metta Bhāvanā – Loving Kindness Meditation

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| Aham avero homiabyāpajjho homianīgo homisukhī attānam pariharāmiAham viya myhamāchari upajjhāyāmāthā pitharohitha satthāmajjhattika satthāverī satthāaverā hontuAbyāpajjhā hontuanīghā hontusukhī atthānam pariharantudukkhā muñchanthuYathā laddha sampatthito māvigacchantuKammassakā | May I be free from anger;may I be free from ill will;may I be free from mental & 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 & 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. |
| Imasmim vihāreimasmim gocharagāmeimasmim nagareimasmim deepeimasmim lankādeepeimasmim jambudeepeimasmim chakkavāleissara janāsīmattaka devatāsabbe satthāaverā hontuabyāpajjhā hontuanīghā hontusukhī atthānam pariharantudukkhā muñchantuYathā laddha sampatthitho māvigacchantuKammassakā | 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. |
| Puratthimāya disāyadakkhināya disāyapacchimāya disāyauttarāya disāyapuratthimāya anudisāyadakkhināya anudisāyapacchimāya anudisāyauttarāya anudisāyahettimāya disāyauparimāya disāya | 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;in the northeast direction;in the direction below;and in the direction above, |
| sabbe satthāsabbe pānāsabbe bhūtāsabbe puggalāsabbe atthabhāva pariyāpannāsabbā itthiyosabbe purisāsabbe ariyāsabbe anariyāsabbe devāsabbe manussāsabbe amanussāsabbe vinipāthikāaverā hontuabyāpajjhā hontuanīghā hontusukhī attānam pariharantudukkhā muñchantuYathā laddha sampatthitho māvigacchantuKammassakā | 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. |
| Sabbe satthā sukhīno bhavanthuSabbe satthā sukhīno bhavanthuSabbe satthā sukhīno bhavanthu | May all beingslive happily.May all beings live happily.May all beings live happily. |