Chanting Of Metta Bhāvanā – Loving Kindness Meditation

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| 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 | 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 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 | 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 disāya  dakkhināya disāya  pacchimāya disāya  uttarāya disāya  puratthimāya anudisāya  dakkhināya anudisāya  pacchimāya anudisāya  uttarāya anudisāya  hettimāya disāya  uparimāya 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 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 | 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 bhavanthu  Sabbe satthā  sukhīno bhavanthu  Sabbe satthā  sukhīno bhavanthu | May all beings  live happily.  May all beings  live happily.  May all beings  live happily. |