

## ~ Metta Chanting ~

**Ahaṃ avero homi** ~ May I be kind-hearted

**Abyāpajho homi** ~ May I be relieved from hardship and oppression

**Anīgho homi** ~ May I feel peaceful in body and mind

**Sukhī attānaṃ pariharāmi** ~ May I feel the happiness of caring for myself

**Mama mātāpitu-ācariyā ca ñātimitā ca sabrahma-carino ca**

My parents, teachers, relatives and friends

**Averā hontu** ~ May they be kind-hearted

**Abyāpajhā hontu** ~ May they be relieved from hardship and oppression

**Anīghā hontu** ~ May they feel peaceful in body and mind

**Sukhī attānaṃ pariharantu** ~ May they feel happy caring for themselves

**Imasmim ārāme sabbe yogino**

All yogis in this compound

**Averā hontu, Abyāpajhā hontu, Anīghā hontu, Sukhī attānaṃ pariharantu**

**Imasmim ārāme sabbe bhikkhu-bhikkhuniyo ca**

**sāmanera-sāmaneriyo ca**

**anagārika-anagārikayo ca**

**upāsaka-upāsikāyo ca**

All monastics, novices, 8-precept holders, and laypeople disciples in this compound

**Averā hontu, Abyāpajhā hontu, Anīghā hontu, Sukhī attānaṃ pariharantu**

**Amhākaṃ catupaccaya-dāyakā**

Our donors of the four necessities (robes, food, medicine and lodging)

**Averā hontu, Abyāpajhā hontu, Anīghā hontu, Sukhī attānaṃ pariharantu**

**Amhākaṃ ārakkha-devatā**

Our guardian devas

**Imasmim vihāre Imasmim āvāse Imasmim ārāme ārakkha-devatā**

In this monastery, in this dwelling, in this compound, may the devas

**Averā hontu, Abyāpajhā hontu, Anīghā hontu, Sukhī attānaṃ pariharantu**

**Sabbe sattā** ~ May all beings

**sabbe pāṇā** ~ all breathing beings

**sabbe bhūtā** ~ all creatures

**sabbe puggalā** ~ all individuals

**sabbe attabhāvapariyāpannā** ~ all personalities

**sabbā itthiyo** ~ all females

**sabbe purisā** ~ all males

**sabbe ariyā** ~ all noble ones (saints)

**sabbe anariyā** ~ all wordlings (who have not attained sainthood)

**sabbe devā** ~ all celestial beings

**sabbe manussā** ~ all human beings

**sabbe vinipātikā** ~ all those in woeful realms

**Averā hontu, Abyāpajjhā hontu, Anīghā hontu, Sukhī attānaṃ pariharantu**

**Dukkhā muccantu** ~ Be liberated from suffering

**Yathāladdha-sampattito mā vigacchantu** ~ Not lose any prosperity they have gained

**Kammasakā** ~ Accept ownership of their actions

**Puratthimāya disāya** ~ To the east

**Pacchimāya disāya** ~ to the west

**Uttarāya disāya** ~ to the north

**Dakkhināya disāya** ~ to the south

**Puratthimāya anudisāya** ~ to the south-east

**Pacchimāya anudisāya** ~ to the north-west

**Uttarāya anudisāya** ~ to the north-east

**Dakkhināya anudisāya** ~ to the south-west

**Heṭṭhimāya disāya** ~ downward

**Uparimāya disāya** ~ and upward

**Sabbe sattā, sabbe pāṇā, sabbe bhūtā, sabbe puggalā,**

**sabbe attabhāvapariyāpannā, sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe**

**anariyā, sabbe devā, sabbe manussā, sabbe vinipātikā**

**Averā hontu, Abyāpajjhā hontu, Anīghā hontu, Sukhī attānaṃ pariharantu**

**Dukkhā muccantu, Yathāladdha-sampattito mā vigacchantu, Kammasakā**

**Uddham yāva bhavaggā ca** ~ As far as the highest plane of existence

**Adho yāva avīcito** ~ To as far down as the lowest plane

**Samantā cakkavālesu** ~ In the entire universe

**Ye sattā pathavī carā** ~ Whatever beings that move on or in the earth

**Abyāpajjhā niverā ca** ~ May they be relieved and kind-hearted

**Niddukkhā ca 'nupaddavā** ~ Safe from injury and danger

**Uddham yāva bhavaggā ca, Adho yāva avīcito, Samantā cakkavālesu,**

**Ye sattā udake-carā** ~ Whatever beings that move in water

**Abyāpajjhā niverā ca, Niddukkhā ca 'nupaddavā.**

**Uddham yāva bhavaggā ca, Adho yāva avīcito, Samantā cakkavālesu,**

**Ye sattā ākāse-carā** ~ Whatever beings that move in air

**Abyāpajjhā niverā ca, Niddukkhā ca 'nupaddavā**

**Uddham yāva bhavaggā ca, Adho yāva avīcito, Samantā cakkavālesu,**

**Ye sattā aggi carā** ~ Whatever beings that move in fire

**Abyāpajjhā niverā ca, Niddukkhā ca 'nupaddavā**

(Honoring)

**Imāya Dhammā' nudhammapaṭipattiyā Buddham pūjemi**

With this practice that conforms to the Dhamma, I honor the Buddha.

**Imāya Dhammā' nudhammapaṭipattiyā Dhammam pūjemi**

With this practice that conforms to the Dhamma, I honor the Dhamma.

**Imāya Dhammā' nudhammapaṭipattiyā Saṅgham pūjemi**

With this practice that conforms to the Dhamma, I honor the Sangha.

**Imāya Dhammā' nudhammapaṭipattiyā mātāpitaro pūjemi**

With this practice that conforms to the Dhamma, I honor my parents.

**Imāya Dhammā' nudhammapaṭipattiyā ācariye pūjemi**

With this practice that conforms to the Dhamma, I honor my teachers.

**(Resolution)**

**Addhā imāya paṭipadāyā jarā-maranamhā parimuccissāmi**

With the meditation practice, may I be liberated from aging and death.

**(Aspiration)**

**Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu**

May this merit of mine bring about the destruction of defilements.

**Idaṃ me sīlaṃ magga-phala ñāṇassa paccayo hotu**

May my precepts be a good cause for the attainment of the Path and Fruition

**(Sharing Merit)**

**Imaṃ no puñña-bhāgaṃ sabbasattānaṃ dema**

We share this our merit with all beings

**(Conclusion)**

**Sabbe sattā sukhitā hontu** ~ May all beings be happy

**Sādhu! Sādhu! Sādhu!** ~ Well said! Well said! Well said!