

~ Metta Chanting ~

Ahaṃ avero homi ~ May I be kind-hearted

Abyāpajjho 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

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

Kammassakā ~ Accept ownership of their actions

Puratthimāya disāya ~ To the east

Pacchimāya disāya ~ to the west

Uttarāya disāya ~ to the north

Dakkhiṇāya 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

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

Addhā imāya paṭipadāyā jarā-maranamhā parimuccissāmi

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

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

Imaṃ no puñña-bhāgaṃ sabbasattānaṃ dema

We share this our merit with all beings

Sabbe sattā sukhitā hontu ~ May all beings be happy

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