

❧ CHANTING OF METTĀ BHĀVANĀ - LOVING KINDNESS MEDITATION ❧

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

Imasmim vihāre
inasmim gocharagāme
inasmim nagare
inasmim deepe
inasmim lankādeepe
inasmim jambudeepe
inasmim chakkavāle
issara janā
sīmattaka devatā
sabbe satthā
averā hontu
abyāpajjhā hontu
anīghā hontu
sukhī atthānam pariharantu
dukkhā muñchantu
Yathā laddha sampatthitho māvigacchantu
Kammassakā

Puratthimāya disāya
dakkhināya disāya
pacchimāya disāya
uttarāya disāya
puratthimāya anudisāya
dakkhināya anudisāya
pacchimāya anudisāya
uttarāya anudisāya
hettimāya disāya
uparimāya disāya
sabbe satthā
sabbe pānā
sabbe bhūtā
sabbe puggalā
sabbe atthabhāva pariyāpannā
sabbā itthiyo
sabbe purisā

May I be free from anger;
may I be free from ill will;
may I be free from mental and 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 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.

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.

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,
may all beings,
all living beings,
all creatures,
all persons,
all individuals,
all females,
all males,

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

Sabbe satthā sukhīno bhavanthu
Sabbe satthā sukhīno bhavanthu
Sabbe satthā sukhīno bhavanthu

Closing Verses of Protection

Bhavatu sabba mangalam
rakkhantu sabba devatā
Sabba buddhānubhāvena
sadā sotthi bhavantu te
Bhavatu sabba mangalam
rakkhantu sabba devatā
Sabba dhammānubhāvena
sadā sotthi bhavantu te
Bhavatu sabba mangalam
rakkhantu sabba devatā
Sabba saṅghānubhāvena
sadā sotthi bhavantu te

Sādhu! Sādhu! Sādhu!

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.

May all beings live happily.
May all beings live happily.
May all beings live happily.

May all good fortune come your way; may all the
deities protect you.
By all the power of the Buddha, may you always enjoy
wellbeing.
May all good fortune come your way; may all the
deities protect you.
By all the power of the Dhamma, may you always
enjoy wellbeing.
May all good fortune come your way; may all the
deities protect you.
By all the power of the Saṅgha, may you always enjoy
wellbeing.