

Chanting Of Mettā Bhāvanā – Loving Kindness Meditation

Ahaṃ avero homi May I be free from anger;
abyāpajjho homi may I be free from ill will;
anīgo homi may I be free from mental & physical suffering;
sukhī attānaṃ pariharāmi may I look after myself and live happily.
Ahaṃ viya myhaṃ As I am,
āchari upajjhāyā so may my noble mentors,
māthā pitharo my mother and father,
hitha satthā friendly beings,
majjhattika satthā indifferent beings,
verī satthā and unfriendly beings,
averā hontu be free from anger;
Abyāpajjhā hontu be free from ill will;
anīghā hontu be free from mental & physical suffering;
sukhī atthānaṃ pariharantu may they look after themselves, live happily,
dukkhā muñchanthu and be free from suffering.
Yathā laddha sampatthito May whatever they have gained,
māvigacchantu not be lost.
Kammassakā All beings are owners of their kamma.

Imasmim vihāre In this monastery;
imasmim gocharagāme in this village;
imasmim nagare in this city;
imasmim deepe in this country;
imasmim lankādeepe in Sri Lanka;
imasmim jambudeepe in the Indian Subcontinent;
imasmim chakkavāle in this universe,
issara janā may prosperous leaders,
sīmattaka devatā devas within these boundaries,
sabbe satthā and all beings,
averā hontu be free from anger;
abyāpajjhā hontu be free from ill will;
anīghā hontu be free from mental and physical suffering;
sukhī atthānaṃ pariharantu may they look after themselves, live happily,
dukkhā muñchantu and be free from suffering.
Yathā laddha sampatthitho May whatever they have gained,
māvigacchantu not be lost.
Kammassakā All beings are owners of their kamma.

Puratthimāya disāya	In the eastern direction;
dakkhināya disāya	in the southern direction;
pacchimāya disāya	in the western direction;
uttarāya disāya	in the northern direction;
puratthimāya anudisāya	in the southeast direction;
dakkhināya anudisāya	in the southwest direction;
pacchimāya anudisāya	in the northwest direction;
uttarāya anudisāya	in the northeast direction;
hettimāya disāya	in the direction below;
uparimāya disāya	and in the direction above,

sabbe satthā	may all beings,
sabbe pānā	all living beings,
sabbe bhūtā	all creatures,
sabbe puggalā	all persons,
sabbe atthabhāva pariyāpannā	all individuals,
sabbā itthiyo	all females,
sabbe purisā	all males,
sabbe ariyā	all noble ones,
sabbe anariyā	all worldlings,
sabbe devā	all deities,
sabbe manussā	all humans,
sabbe amanussā	all non-humans,
sabbe vinipāthikā	and all those in the four woeful planes,
averā hontu	be free from anger;
abyāpajjhā hontu	be free from ill will;
anīghā hontu	be free from mental and physical suffering;
sukhī attānaṃ pariharantu	may they look after themselves, live happily,
dukkhā muñchantu	and be free from suffering.
Yathā laddha sampatthitho	May whatever they have gained,
māvigacchantu	not be lost.
Kammassakā	All beings are owners of their kamma.

Sabbe satthā	May all beings
sukhīno bhavanthu	live happily.
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