

THE CHANT OF METTA

1

Aham Avero homi May I be free from enmity and danger
abyapajjho homi May I be free from mental suffering
anigho homi May I be free from physical suffering
sukhi-attanam pariharami May I be able to take care of myself happily

2

Mama matapitu, acariya ca, natimitta ca May my parents, teachers, relatives and friends
avera hontu Be free from enmity and danger
abyapajjha hontu Be free from mental suffering
anigha hontu Be free from physical suffering
sukhi-attanam pariharantu May they be able to take care of themselves happily

3

Imasmim arame sabbe yogina May all yogis in this compound
avera hontu Be free from enmity and danger
abyapajjha hontu Be free from mental suffering
anigha hontu Be free from physical suffering
sukhi-attanam pariharantu May they be able to take care of themselves happily

4

Amhakam arakkha devata May our guardian devas
Imasamin avase, imasamin arame In this dwelling, in this compound
avera hontu Be free from enmity and danger
abyapajjha hontu Be free from mental suffering
anigha hontu Be free from physical suffering
sukhi-attanam pariharantu May they be able to take care of themselves happily

5

Sabbe arakkha devata May all the guardian devas
avera hontu Be free from enmity and danger
abyapajjha hontu Be free from mental suffering
anigha hontu Be free from physical suffering
sukhi-attanam pariharantu May they be able to take care of themselves happily

6

Sabbe satta, sabbe pana, sabbe bhuta May all beings, all breathing beings, all creatures,
Sabbe puggala, sabbe attabhava-pariyapanna All individuals, all personalities,
Sabba itthiyo, sabbe purisa All females, all males
Sabbe ariya, sabbe anariya All noble ones, all worldlings
Sabbe deva, sabbe manussa All deities, all human beings
Sabbe vinipatika All those in the four woeful planes
avera hontu Be free from enmity and danger
abyapajjha hontu Be free from mental suffering
anigha hontu Be free from physical suffering
sukhi-attanam pariharantu May they be able to take care of themselves happily

7

Dukkha mucantu May all beings be free from all forms of suffering
yatha-laddha-sampattito mavigacchantu All wisdom and fortune they have gained not be lost
Anagatan lhabum agacchantu samicchantu All that hasn't been attained and gained be received
Kammasaka All beings are owners of their own kamma

8

Puratthimaya disaya, Pacchimaya disaya In the eastern direction, in the western direction
Uttaraya disaya, Dakkhinaya disaya In the northern direction, in the southern direction
Puratthimaya anudisaya, Pacchimaya anudisaya In the southeast direction, in the northwest direction
Uttaraya anudisaya, Dakkhinaya anudisaya In the northeast direction, in the southwest direction
Hetthimaya disaya, Uparimaya disaya In the direction below, in the direction above
Sabbe satta, sabbe pana, sabbe bhuta May all beings, all breathing beings, all creatures
Sabbe puggala, sabbe attabhava-pariyapanna All individuals, all personalities
Sabba itthiyo, sabbe purisa All females, all males
Sabbe ariya, sabbe anariya All noble ones, all worldlings
Sabbe deva, sabbe manussa All deities, all human beings
Sabbe vinipatika All those in the four woeful planes
avera hontu, abyapajjha hontu Be free from danger, be free from mental suffering
anigha hontu Be free from physical suffering
sukhi-attanam pariharantu May they be able to take care of themselves happily

9

Dukkha muccantu May all beings be free from all forms of suffering
yatha-laddha-sampattito mavigaccantu All wisdom and fortune they have gained not be lost
Anagatan lhabum agacchantu samicchantu All that hasn't been attained and gained be received
Kamassaka All beings are owners of their own kamma

10

Uddham yava bhavagga ca As far as the highest plane of existence
adho yava aviccito To as far down as the lowest plane
samanta cakkavalesu In the entire universe
ye satta pathavicara Whatever beings that move on earth
abyapajjha nivera ca May they be free from enmity and mental suffering
nidukha ca nupaddava May they be free from physical suffering and danger

11

Uddham yava bhavagga ca As far as the highest plane of existence
adho yava aviccito To as far down as the lowest plane
samanta cakkavalesu In the entire universe
ye satta udakkecara Whatever beings that move on water
abyapajjha nivera ca May they be free from enmity and mental suffering
nidukha ca nupaddava May they be free from physical suffering and danger

12

Uddham yava bhavagga ca As far as the highest plane of existence
adho yava aviccito To as far down as the lowest plane
samanta cakkavalesu In the entire universe
ye satta akasecara Whatever beings that move on air
abyapajjha nivera ca May they be free from enmity and mental suffering
nidukkha ca nupaddava May they be free from physical suffering and danger