

## Metta Chanting

**Ahaṃ avero homi** - May I have no enmity and danger.

**Abyāpajjho homi** - May I have no mental suffering.

**Aniḅho homi** - May I have no physical suffering.

**Sukhī attānaṃ pariharāmi.** - May I take care of myself happily.

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

May my parents, teachers, relatives and friends

**Averā hontu** - Have no enmity and danger,

**Abyāpajjā hontu** - Have no mental suffering,

**Aniḅhā hontu** - Have no physical suffering,

**Sukhī attānaṃ pariharantu** - May they take care of themselves happily.

**Imasmiṃ ārāme sabbe yogino** - May all yogis in this compound

**Averā hontu** - Have no enmity and danger,

**Abyāpajjā hontu** - Have no mental suffering,

**Aniḅhā hontu** - Have no physical suffering,

**Sukhī attānaṃ pariharantu** - May they take care of themselves happily.

**Imasmiṃ ārāme sabbe bhikkhu-sāmanerā ca upāsaka-upāsikāyo ca**

May all monks in this compound, novice monks, laymen and laywomen disciples

**Averā hontu** - Have no enmity and danger,

**Abyāpajjā hontu** - Have no mental suffering,

**Aniḅhā hontu** - Have no physical suffering,

**Sukhī attānaṃ pariharantu** - May they take care of themselves happily.

**Amhākaṃ catupaccaya-dāyaka**

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

**Averā hontu** - Have no enmity and danger,

**Abyāpajjā hontu** - Have no mental suffering,

**Aniḅhā hontu** - Have no physical suffering,

**Sukhī attānaṃ pariharantu** - May they take care of themselves happily.

**Amhākaṃ ārakkha-devatā, Imasmiṃ vihāre Imasmiṃ āvāse Imasmiṃ ārāme**

May our guardian devas in this monastery,

in this dwelling, in this compound,

**Ārakkha devatā** - May the guardian devas,

**Averā hontu** - Have no enmity and danger,

**Abyāpajjā hontu** - Have no mental suffering,

**Aniḅhā hontu** - Have no physical suffering,

**Sukhī attānaṃ pariharantu** - May they take care of themselves happily.

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

May all beings, all breathing beings, all creatures, all individuals (all beings), all personalities (all beings with mind and body)

**sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe anariyā, sabbe devā, sabbe manussā, sabbe vinipātikā**

May all females, all males, all Noble ones (saints), all wordlings (who have not attained sainthood), all celestial beings, all human beings, all those who have fallen from happiness

**Averā hontu** - Have no enmity and danger,

**Abyāpajjā hontu** - Have no mental suffering,  
**Anīghā hontu** - Have no physical suffering,  
**Sukhī attānaṃ pariharantu** - May they take care of themselves happily.  
**Dukkhā muccantu (karunā)** - Be released from suffering,  
**Yathāladdha-sampattito mā vigacchantu** - Be not deprived of happiness they have obtained.  
**Kammasakā** - All beings are owners of their kamma.

**Puratthimāya disāya** - In the east,  
**Pacchimāya disāya** - In the west,  
**Uttarāya disāya** - In the north,  
**Dakkhiṇāya disāya** - In the south,  
**Puratthimāya anudisāya** - In the south-east,  
**Pacchimāya anudisāya** - In the north-west,  
**Uttarāya anudisāya** - In the north-east,  
**Dakkhiṇāya anudisāya** - In the south-west,  
**Heṭṭhimāya disāya** - In the downward direction,  
**Uparimāya disāya** - In the upward direction,

**Sabbe sattā, sabbe pānā, sabbe bhūtā, sabbe puggalā, sabbe attabhāvapariyāpannā**

May all beings, all breathing beings, all creatures, all individuals (all beings), all personalities (all beings with mind and body),

**Sabbā itthiyo, sabbe purisā, sabbe ariyā, sabbe anariyā, sabbe devā, sabbe manussā, sabbe vinipātikā**

May all females, all males, all Noble ones (saints), all wordlings (who have not attained sainthood), all celestial beings, all human beings, all those who have fallen from happiness,

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**Abyāpajjā hontu** - Have no mental suffering,  
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**Kammasakā** - All beings are owners of their kamma.

**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 earth,  
**Abyāpajjhā niverā ca** - May they have no mental suffering and enmity,  
**Niddukkhā ca nupaddavā** - And from physical suffering and danger.

**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 udate-carā** - Whatever beings that move in water,  
**Abyāpajjhā niverā ca** - May they have no mental suffering and enmity,  
**Niddukkhā ca nupaddavā** - And from physical suffering and danger.

**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 ākāse-carā** - Whatever beings that move in air,  
**Abyāpajjhā niverā ca** - May they have no mental suffering and enmity,  
**Niddukkhā ca nupaddavā** - And from physical suffering and danger.

## Honoring

**Imāya Dhammā'nudhammapaṭipattiyā Buddhaṃ pūjemi.**

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

**Imāya Dhammā'nudhammapaṭipattiyā Dhammaṃ pūjemi.**

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

**Imāya Dhammā'nudhammapaṭipattiyā Saṃghaṃ 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 (the universal suffering of) aging and death.

## Aspiration

**Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.**

May this merit of mine bring about destruction of cankers.

**Idaṃ me silaṃ magga-phala nāṇassa 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.

**Sabbe sattā sukhitā hontu.**

May all beings be well and happy.

## Conclusion

**Sādhu! Sādhu! Sādhu!**

Well done! Well done! Well done!