

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-dāyakā

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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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!