

the metta (loving-kindness) chant

imaya dhammanu, dhamma pati-pattiya, buddham pujemi
by this practice, in accord with the dharma, i honor the buddha
imaya dhammanu, dhamma pati-pattiya, dhammam pujemi
by this practice, in accord with the dharma, i honor the dharma
imaya dhammanu, dhamma pati-pattiya, sangham pujemi
by this practice, in accord with the dharma, i honor the sangha

aham avero homi, abyapajjho homi, anigho homi, sukhi-attanam pariharami.
may i be free from animosity, free from oppression, free from trouble, may i know the grace of well-being.

mama matapitu, acariya ca, natimitta ca, sabrahma-carino ca
may my parents, teachers, family, friends & fellow dharma-travelers
avera hontu, abyapajjha hontu, anigha hontu, sukhi-attanam pariharantu.
all be free from animosity, free from oppression, free from trouble, & know the grace of well-being.

imasmim arame sabbe yogino
may all the practitioners in this place
avera hontu, abyapajjha hontu, anigha hontu, sukhi-attanam pariharantu.
all be free from animosity, free from oppression, free from trouble, & know the grace of well-being.

amhakam arakkha devata, imasmim vihare,
may our guardian spirits, in this temple,
imasmim avase, imasmim arame, arakkha devata
in this dwelling, in this place; may the guardian spirits
avera hontu, abyapajjha hontu, anigha hontu, sukhi-attanam pariharantu.
all be free from animosity, free from oppression, free from trouble, & know the grace of well-being.

sabbe satta, sabbe pana, sabbe bhuta,
may all beings, all living things, all creatures,
sabbe puggala, sabbe attabhava-pariyapanna
all individuals, all personalities,
sabba itthiyo, sabbe purisa, sabbe ariya, sabbe anariya
all women & female beings, all men & male beings, all noble ones, all worldly ones,
sabbe deva, sabbe manussa, sabbe vinipatika
all spirits & gods, all humans & all those in misery

avera hontu, abyapajjha hontu, anigha hontu, sukhi-attanam pariharantu
all be free from animosity, free from oppression, free from trouble, & know the grace of well-being.

dukkha mucantu, yatha-laddha-sampattito mavigacchantu, kammassaka.
may all beings be free from suffering, enjoy safety & abundance, owners of their own karma.

idam no punna bhagam, sabbe sattanam.
we offer the merit of our practice to all beings.

sadhu, sadhu, sadhu.
well said, well said, well said.

Karaṇīya Mettā Sutta
The Discourse on Loving-kindness

Karaṇīyam-attha-kusalena, yantaṃ santaṃ padaṃ abhisamecca,
This is what should be done by one who is skilled in goodness, and who knows the path of peace:

Sakko ujū ca suhujū ca, suvaco cassa mudu anatimānī,
Let them be able and upright, straightforward and gentle in speech. Humble and not conceited,
Santussako ca, subharo ca, appakicco ca, sallahuka-vutti,
Contented and easily satisfied, unburdened with duties and frugal in their ways.
Santindriyo ca, nipako ca, appagabbho, kulesu ananugiddho.
Peaceful and calm, and wise and skilful, not proud and demanding in nature.
Na ca khuddaṃ samācare kiñci, yena viññū pare upavadeyyuṃ.
Let them not do the slightest thing that the wise would later reprove.

Sukhino vā khemino hontu, sabbe sattā bhavantu sukhitattā.
Wishing: In gladness and in safety, May all beings be at ease.
Ye keci pāṇa-bhūtatti, tasā vā, thāvarā vā, anavasesā,
Whatever living beings there may be; whether they are weak or strong, omitting none,
Dīghā vā ye mahantā vā, majjhimā rassakā aṇuka-thūlā,
The great or the mighty, medium, short or small,
Diṭṭhā vā ye ca adiṭṭhā, ye ca dūre vasanti avidūre,
The seen and the unseen, those living near and far away,
Bhūtā vā, sambhavesī vā, sabbe sattā bhavantu sukhitattā.
Those born and to-be-born – May all beings be at ease.

Na paro paraṃ nikubbetha, nātimaññetha katthaci naṃ kiñci,
Let none deceive another, or despise any being in any state.
Byārosanā paṭigha-saññā, nāññaṃ-aññassa dukkham-iccheyya.
Let none through anger or ill-will wish harm upon another.

Mātā yathā niyaṃ puttā, āyusā eka-puttā-anurakkhe,
Even as a mother protects with her life her child, her only child,
Evam-pi sabba-bhūtesu, māna-sambhāvaye aparimāṇaṃ.
So with a boundless heart should one cherish all living beings;

Mettañca sabba-lokasmim, māna-sambhāvaye aparimāṇaṃ,
Radiating kindness over the entire world: Spreading upwards to the skies, and downwards to the depths;
Uddhaṃ adho ca tiriyañca, asambādhaṃ averaṃ asapattaṃ.
Outward and unbounded, Freed from hatred and ill-will.

Tiṭṭhañ'caram nisinno vā, sayāno vā, yāvatassa vigatam-iddho,
Whether standing or walking, seated or lying down, free from drowsiness,
Etaṃ satim adhiṭṭheyya. Brahmaṃ-etaṃ vihāraṃ idham-āhu.
One should sustain this recollection. This is said to be the sublime abiding.

Diṭṭhiñca anupagamma, sīlavā dassanena sampanno,
By not holding to fixed views, the pure-hearted one, having clarity of vision,
Kāmesu vineyya gedhaṃ, Na hi jātu gabbha-seyyaṃ punaretīti.
Being freed from all sense-desires, is not born again into this world.