

*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, yantam santam padam 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 khuddam samācare kiñci, yena viññū pare upavadeyyum.  
*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-bhūtatthi, 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,*  
Dīṭṭhā 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 param nikubbetha, nātimaññetha katthaci nam kiñci,  
*Let none deceive another, or despise any being in any state.*

Byārosanā paṭīgha-saññā, nāññam-aññassa dukkham-iccheyya.  
*Let none through anger or ill-will wish harm upon another.*

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

Mettañca sabba-lokasmim, māna-sambhāvaye aparimāṇam,  
*Radiating kindness over the entire world: Spreading upwards to the skies, and downwards to the depths;*  
Uddham adho ca tiriyañca, asambādham averam asapattam.  
*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,*  
Etam satim adhiṭṭheyya. Brahmam-etam vihāram idham-āhu.  
*One should sustain this recollection. This is said to be the sublime abiding.*

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