

## The Chant of Metta

*Aham avevo homi*

May I be free from enmity and danger

*abyapajjho homi*

May I be free from mental suffering

*anigha homi*

May I be free from physical suffering

*sukhi - attanam pariharami*

May I take care of myself happily

*Mama matapitu*

May my parents

*acariya ca natimitta ca*

teacher relatives and friends

*sabrahma - carino ca*

fellow Dhamma farers

*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 take care of themselves happily

*Imasmim arame sabbe yogino*

May all meditators 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 take care of themselves happily

*Amhakam arakkha devata*  
May our guardian devas (deities)

*Ismasmim vihare*  
in this monastery

*Ismasmim avase*  
in this dwelling

*Ismasmim arame*  
in this compound

*arakkha devata*  
May 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 take care of themselves happily

*Sabbe satta*  
May all beings

*sabbe pana*  
all breathing things

*sabbe bhutta*  
all creatures

*sabbe puggala*  
all individuals (all beings)

*sabbe attabhava - pariyapanna*  
all beings with bodies

*sabbe itthoyo*  
may all females

*sabbe purisa*  
all males

*sabbe ariya*  
all noble ones (saints)

*sabbe anariya*  
all who are not noble ones

*sabbe deva*  
all devas (deities)

*sabbe manussa*  
all humans

*sabbe vinipatika*  
all those in the four woeful planes

*avera hontu*  
be free from enmity and dangers

*abyapajjha hontu*  
be free from mental suffering

*anigha hontu*  
be free from physical suffering

sukhi - attanam pariharantu  
may they take care of themselves happily

*Dukkha muccantu*  
may all being be free from suffering

*Yattha-laddha-sampattito*  
enjoy safety and abundance

*Mavigacchantu kammassaka*  
and have a kamma as their true property

*Idam no punna bhagam*  
may our merit be shared

*Sabba sattanam.*  
with all beings

*Sadhu, sadhu, sadhu*  
*Well spoken, well spoken, well spoken*