

# Evening Chant

Bhante Bodhidhamma · Guided Meditations · 19:03

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*Namo tassa bhagavato arahato sammāsambuddhassa. Namō tassa bhagavato arahato sammāsambuddhassa. Namō tassa bhagavato arahato sammāsambuddhassa.*

*Pahaṃ nāverohomi, abhayāvajohomi, anīgohomi, sukhī attānaṃ pariharāmi, dukkhaṃ mujāmi, yathāladhasampañjito, māvikacāmi. Amākaṃ cātu paccayādāyakā, averā hontu, abhayā bhājā hontu, anīgā hontu, sukhī attānaṃ pariharantu, dukkhaṃ mucantu, yathāladhasampañjito, māvikācantu.*

*Amāka mātā pitū ācariyo yati mitā samūhā - averā hantu, abhayā bhājā hantu, anīgā hantu, sukhī attānaṃ pariharantu, dukkhaṃ mucantu, yathāladhasampañjito, māvikācantu.*

*Imasmiṃ vihāre sabbhe bhikkhū, sabbā bhikkhunī, sabbhe ācariyā, sabbhe yogino - averā hontu, abhayā bhājā hontu, anīgā hontu, sukhī attānaṃ pariharantu, dukkhaṃ mucantu, yathāladhasampañjito, māvikācantu.*

*Ārakkadevatā - averā hontu, abhayāvajā hontu, anīgā hontu, sukhī attānaṃ pariharantu, dukkhaṃ mucantu, yathāladhasampañjito, māvikācantu.*

*Imasmiṃ gāme janapade Yūropāya lokasmiṃ sabbhe janatā - averā hontu, abhayāvajā hontu, anīgā hontu, sukhī attānaṃ pariharantu, dukkhaṃ mucantu, yathāladhasampañjito, māvikācantu.*

*Pūrathimāya disāya, pacchimāya disāya, puttārāya disāya, dakkhiṇāya disāya, pūrathimāya anudisāya, pacchimāya anudisāya, uttarāya anudisāya, dakkhiṇāya anudisāya, heṭṭhimāya disāya, uparimāya disāya - sabbhe sattā, sabbhe pāṇā, sabbhe bhūtā, sabbhe puggalā, sabbhe attabhāvapariyāpannā, sabbā itthiyo, sabbhe purisā, sabbhe ariyā, sabbhe anariyā, sabbhe devā, sabbhe manussā, sabbhe vinipātikā - averā hontu, abhayāvajā hontu, anīgā hontu, sukhī attānaṃ pariharantu, dukkhaṃ mucantu, yathāladhasampañjito, māvikācantu.*

*Mettā bhāvanā* - developing goodwill, loving-kindness. May you be safe, well and happy. May you live contented, in harmony with the world.

So we can bring to mind some of our benefactors. Those who are near and dear to us. Friends, people at work, whomever we wish. A neutral person towards ourselves. Someone we have difficulties with towards each other. All those in our neighbourhood, all the people in our country. All the peoples of Europe. All people on earth. And to all beings in all directions.

*Muditā* - developing joy. The traditional blessings: may you be joyful, may you be ever more joyful, may you experience the bliss of Nibbāna.

Let's bring to mind moments of joyfulness, happiness we've experienced today. Let us wish ourselves to be

joyful. Let's bring to mind somebody we know who has cause to be joyful. Wish them greater joy.

Let us bring to mind that at this moment there are people who are happy and content with their lives, who are enjoying the warmth of various types of friendship from intimate to acquaintance, who enjoy the delights of art, nature, sport, hobbies and so on, who find their work meaningful, who are reaping the fruitfulness of their spiritual practice, and who rejoice in the success of others.

Let's offer our goodwill joy to all beings in all directions.

*Pūjā ca pūjanīyānaṃ etam maṅgalam uttamaṃ. Paṭirūpa desa vāso ca pubbe ca katapuātā. Atta sammāpaṇidhi ca etam maṅgalam uttamaṃ. Bāhusaccaṃ ca sippaṇ ca vinayo ca susikkhito. Subhāsītā ca yā vācā etam maṅgalam uttamaṃ.*

*Mātāpitu upaṭṭhānaṃ puttadārassa saṅgaho. Anākulā ca kammantā etam maṅgalam uttamaṃ. Dānaṃ ca dhamma cariyā ca ñātakānaṃ ca saṅgaho. Anavajjāni kammāni etam maṅgalam uttamaṃ.*

*Ārati virati pāpā majjapānā ca saññamo. Appamādo ca dhammesu etam maṅgalam uttamaṃ. Gāravo ca nivāto ca santuṭṭhi ca kataññutā. Kālena dhamma savanaṃ etam maṅgalam uttamaṃ.*

*Khantī ca sovacassatā samaṇānaṃ ca dassanaṃ. Kālena dhamma sākacchā etam maṅgalam uttamaṃ. Tapo ca brahmacariyaṃ ca ariyasaccāna dassanaṃ. Nibbāna sacchikiriyā ca etam maṅgalam uttamaṃ.*

*Phuṭṭhassa lokadhammehi cittaṃ yassa na kampati. Asokaṃ virajaṃ khemaṃ etam maṅgalam uttamaṃ. Etādisāni katvāna sabbattha maparājītā sabbattha sotthiṃ gacchanti taṃ tesam maṅgalam uttaman ti.*

*Sabbe sattā sukhitā hantu.*

*Sādhu, sādhu, sādhu.*

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