

Evening Mettā Chant

Bhante Bodhidhamma · Guided Meditations · 4:04

Ahaṃ avero homi, abyāpajjo homi, anīgho homi, sukhī attānaṃ pariharāmi, dukkhā mucāmi, yathāladdha sampattito, avigaccāmi.

May I be free from hatred, free from ill-will, free from anxiety. May I keep myself happy and free from suffering. With whatever gains I have, may I not be parted from them.

Amākaṃ catupaccaya dāyaka, averā hontu, abyāpajjā hontu, anīghā hontu, sukhī attānaṃ pariharantu, dukkhā mucantu, yathāladdha sampattito, avigaccantu.

May our donors of the four requisites be free from hatred, free from ill-will, free from anxiety. May they keep themselves happy and free from suffering. With whatever gains they have, may they not be parted from them.

Amākaṃ mātā pitu ācāriya ñāti mittā samūhā averā hontu abyāpajjā hontu anīghā hontu sukhī attānaṃ pariharantu dukkhā mucantu yathāladdha sampattito avigaccantu.

May our mothers, fathers, teachers, relatives and friends be free from hatred, free from ill-will, free from anxiety. May they keep themselves happy and free from suffering. With whatever gains they have, may they not be parted from them.

Imasmiṃ vihāre sabbe bhikkhū, sabbā bhikkhunī, sabbe upāsakā, sabbe upāsikā averā hontu abyāpajjā hontu anīghā hontu sukhī attānaṃ pariharantu dukkhā mucantu yathāladdha sampattito avigaccantu.

May all monks, all nuns, all male lay disciples, all female lay disciples in this monastery be free from hatred, free from ill-will, free from anxiety. May they keep themselves happy and free from suffering. With whatever gains they have, may they not be parted from them.

Imasmiṃ gāme, janapade, yāvañca ukāsiṃ, sabbe janatā averā hontu, abyāpajjā hontu, anīghā hontu sukhī attānaṃ pariharantu dukkhā mucantu yathāladdha sampattito avigaccantu.

May all people in this village, in this country, as far as the horizon, be free from hatred, free from ill-will, free from anxiety. May they keep themselves happy and free from suffering. With whatever gains they have, may they not be parted from them.

Purattimāya disāya, pacchimāya disāya, uttarāya disāya, dakkhiṇāya disāya, purattimāya anudisāya, pacchimāya anudisāya, uttarāya anudisāya, dakkhiṇāya anudisāya, heṭṭhimāya disāya, uparimāya disāya.

In the eastern direction, western direction, northern direction, southern direction, southeastern direction, northwestern direction, northeastern direction, southwestern direction, the downward direction, the upward direction.

Sabbe sattā, sabbe pāṇā, sabbe bhūtā, sabbe puggalā, sabbe attabhāvapariyāpannā, sabbā itthī, sabbe purisā, sabbe ariyā, sabbe anariyā, sabbe devā, sabbe manussā, sabbe vinipatikā, averā hontu, abyāpajjā hontu, anīghā hontu, sukhī attānaṃ pariharantu, dukkhā mucantu, yathāladdha sampattito, avigaccantu.

May all beings, all breathing things, all creatures, all persons, all individuals, all females, all males, all noble ones, all ordinary beings, all devas, all humans, all in woeful states, be free from hatred, free from ill-will, free from anxiety. May they keep themselves happy and free from suffering. With whatever gains they have, may they not be parted from them.

Kāmasukkhā.

May all beings be happy.

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