

# Evening Mettā Chant and Instructions

Bhante Bodhidhamma · International Talks · 7:56

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

*Karaṇīyam attha kusalena yaṃ taṃ santaṃ padaṃ abhisamecca  
Sakko ujū ca sūjū ca suvaco cassa mudu anatimānī*

*Santussako ca subharo ca appakicco ca sallahukavutti  
Santindriyo ca nipako ca appagabbho kulesvanuddayo*

*Na ca khuddaṃ samācare kiñci yena viññū pare upavadeyyuṃ  
Sukhino vā khemino hontu sabbe sattā bhavantu sukhittā*

*Ye keci pāṇabhūt'atthi tasā vā thāvarā vā anavasesā  
Dīghā vā ye mahantā vā majjhimā rassakā aṇukathulā*

*Diṭṭhā vā ye ca adiṭṭhā ye ca dūre vasanti avidūre  
Bhūtā vā sambhavesī vā sabbe sattā bhavantu sukhittā*

*Na paro paraṃ nikubbetha nātimaññetha katthaci naṃ kiñci  
Byārosanā paṭighasaññā nāññamaññassa dukkham iccheyya*

*Mātā yathā niyaṃ puttaṃ āyusā ekaputtam anurakkhe  
Evampi sabbabhūtesu mānasam bhāvaye aparimāṇaṃ*

*Mettañca sabbalokasmiṃ mānasam bhāvaye aparimāṇaṃ  
Uddhaṃ adho ca tiriyañca asambādhaṃ averaṃ asapattaṃ*

*Tiṭṭhañcamaṃ nisinno vā sayāno vā yāvat'assa vigata-middho  
Etaṃ satiṃ adhiṭṭheyya brahmam etaṃ vihāram idha-m-āhu*

*Diṭṭhiñca anupagamma sīlavā dassanena sampanno  
Kāmesu vineyya gedhaṃ na hi jātu gabbhaseyyaṃ punar eti'ti*

May all beings be free of physical pain.

May all beings be free of mental distress.

May all beings be liberated of all their suffering.

May all beings live in contentment and joy.

*Sabbe sattā sukhitā hontu. Sabbe sattā sukhitā hontu.*

*Sādhu, sādhu, sādhu.*

As we come towards the end of the course, the mind certainly starts to project. It starts to think about what I'm going to do tomorrow, the day after, the day after that, next week, next year, and so on. So this is interesting for us because it shows us our relationship with the world—what we expect from it, our hopes and so forth. But of course we shouldn't get caught up in it.

Usually the plans that we make on a course are completely contrary to reality, because whilst we've been here six days, going slowly and noting, the world out there has moved on—although I'm not entirely sure it still exists.

So remember that from now until we leave is also a very important part of our practice. Go to sleep with *mettā* or loving-kindness in your mind, or some beautiful thought. And of course that crucial resolve to wake up with the bell.

Sleep well.

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