

## METTA (LOVING-KINDNESS) CHANT

*Imaya dhammanu /* By this practice  
*Dhamma patipattiya /* In accord with the true Dhamma  
*Buddham pujemi /* I honor the Buddha.  
*Imaya dhammanu /* By this practice  
*Dhamma patipattiya /* In accord with the true Dhamma  
*Dhammam pujemi /* I honor the Dhamma.  
*Imaya dhammanu /* By this practice  
*Dhamma patipattiya /* In accord with the true Dhamma  
*Sangham pujemi /* I honor the Sangha.

*Aham avero homi /* May I be free from enmity  
*Abapajjo homi /* May I be free from mental suffering  
*Anigho homi /* May I be free from physical suffering  
*Sukhi attanam pariharami /* May I take care of myself happily.

*Mama mata pitu /* May my mother and father  
*Acariyaca ñatimittaca /* And teachers, relatives, and friends,  
*Sabrahma carinoca /* And fellow brahma farers,  
*Avera hontu /* May they be free from enmity  
*Abyapajja hontu /* May they be free from mental suffering  
*Anigha hontu /* May they be free from physical suffering  
*Sukhi attanam pariharantu /* May they take care of themselves happily.

*Imasmin arame, sabbe yogino /* In this grove, may all yogis  
*Avera hontu /* May they be free from enmity  
*Abyapajja hontu /* May they be free from mental suffering  
*Anigha hontu /* May they be free from physical suffering  
*Sukhi attanam pariharantu /* May they take care of themselves happily.  
*Amhakham arakkha devata /* May our guardian deities  
*Imasmim vihare /* In this temple  
*Imasmim avase /* In this dwelling

*Imasmim arame / In this place*  
*Arakkha devata / May the guardian deities*  
*Avera hontu / May they be free from enmity*  
*Abyapajja hontu / May they be free from mental suffering*  
*Anigha hontu / May they be free from physical suffering*  
*Sukhi attanam pariharantu / May they take care of themselves happily.*

*Sabbe satta / May all beings*  
*Sabbe pana / All living things*  
*Sabbe bhuta / All creatures*  
*Sabbe puggala / All individuals*  
*Sabbe attabhava pariyapanna / All personalities*  
*Sabbe itthiyo / All females*  
*Sabbe purisa / All males*  
*Sabbe ariya / All nobles ones*  
*Sabbe anariya / All who are not nobles*  
*Sabbe deva / All deities*  
*Sabbe manussa / All humans*  
*Sabbe vinipatika / All those in unhappy states*  
*Avera hontu / May they be free from enmity*  
*Abyapajja hontu / May they be free from mental suffering*  
*Anigha hontu / May they be free from physical suffering*  
*Sukhi attanam pariharantu / May they take care of themselves happily.*

*Dukkha muccantu / May they be free from suffering*  
*Yatha laddha sampattito / May they enjoy safety and abundance*  
*Mavigacchantu Kammassaka / Have Kamma as their true property.*  
*Idam no puñña bhagam / May this merit of ours be apportioned*  
*Sabba sattanam / To all beings.*  
*Sadhu, Sadhu, Sadhu! / Well spoken! Well spoken! Well spoken!*