**The Chant of Metta Text**

*Aham avero 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

*Imasmim arame sabbe bhikkhu*
May all monks in this compound

*samanera ca*
novice monks

*upasaka - upasikaya ca*
laymen and laywomen disciples

*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 catupaccaya - dayaka*
May our donors of the four supports: clothing, food, medicine and lodging

*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

*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 personalities (all beings with mind and body)

*sabbe itthoyo*
may all females

*sabbe purisa*
all males

*sabbe ariya*
all noble ones (saints)

*sabbe anariya*
all worldlings (those yet to attain sainthood)

*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 mavigacchantu*
May whatever they have gained not be lost

*Kammassaka*
All beings are owners of their own Kamma

*Purathimaya disaya*
in the eastern direction

*pacchimaya disaya*
in the western direction

*uttara disaya*
in the northern direction

*dakkhinaya disaya*
in the southern direction

*purathimaya anudisaya*
in the southeast direction

*pacchimaya anudisaya*
in the northwest direction

*uttara anudisaya*
in the northeast direction

*dakkhinaya anudisaya*
in the southwest direction

*hetthimaya disaya*
in the direction below

*uparimaya disaya*
in the direction above

*Sabbe satta*
May all beings

*sabbe pana*
all breathing things

*sabbe bhutta*
all creatures

*sabbe puggala*
all individuals (all beings)

*sabbe attabhava - pariyapanna*
all personalities (all beings with mind and body)

*sabbe itthoyo*
may all females

*sabbe purisa*
all males

*sabbe ariya*
all noble ones (saints)

*sabbe anariya*
(those yet to attain sainthood)

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all devas (deities)

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*sabbe vinipatika*
all those in the 4 woeful planes

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May all beings be free from suffering

*Yattha-laddha-sampattito mavigacchantu*
May whatever they have gained not be lost

*Kammassaka*
All beings are owners of their own kamma

*Uddham yava bhavagga ca*
As far as the highest plane of existence

*adho yava aviccito*
to as far down as the lowest plane

*samanta cakkavalesu*
in the entire universe

*ye satta pathavicara*
whatever beings that move on earth

*abyapajjha nivera ca*
may they are free of mental suffering and enmity

*nidukkha ca nupaddava*
and from physical suffering and danger

*Uddham yava bhavagga ca*
As far as the highest plane of existence

*adho yava aviccito*
to as far down as the lowest plane

*samanta cakkavalesu*
in the entire universe

*ye satta udakecara*
whatever beings that move on water

*abyapajjha nivera ca*
may they are free of mental suffering and enmity

*nidukkha ca nupaddava*
and from physical suffering and danger

*Uddham yava bhavagga ca*
As far as the highest plane of existence

*adho yava aviccito*
to as far down as the lowest plane

*samanta cakkavalesu*
in the entire universe

*ye satta akasecara*
whatever beings that move in air

*abyapajjha nivera ca*
may they are free of mental suffering and enmity

*nidukkha ca nupaddava*
and from physical suffering and danger.