**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)

*sabbe deva*  
all devas (deities)

*sabbe manussa*  
all humans

*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.