

Mettā

Imāya dhammānu
Dhamma patipattiyā
Buddhaṃ pūjemi
Imāya dhammānu
Dhamma patipattiyā
Dhammaṃ pūjemi
Imāya dhammānu
Dhamma patipattiyā
Sanghaṃ pūjemi

Ahaṃ avero homi
Abyāpajjo homi
Anigho homi
Sukhī attānaṃ, parihārami

Mama mātā pitu
Ācariyāca, ñātimittaca
Sabrahma cārinoca
Averā hontu
Abyāpajjā hontu
Anighā hontu
Sukhī attānaṃ, parihārantu

Imasmiṃ ārāme, sabbe yogino
Averā hontu
Abyāpajjā hontu
Anighā hontu
Sukhī attānaṃ, parihārantu

Amhākaṃ ārakkha devatā
Imasmiṃ vihāre
Imasmiṃ avāse
Imasmiṃ ārāme

Ārakkha devatā
Averā hontu
Abyāpajjā hontu
Anighā hontu
Sukhī attānaṃ, parihārantu

Sabbe sattā
Sabbe pānā
Sabbe bhutā
Sabbe puggalā
Sabbe attabhāva, pariyāpannā
Sabbā itthiyo
Sabbe purisā
Sabbe itthī/purisā
Sabbe anittha/purisā
Sabbe ariyā
Sabbe anariyā
Sabbe devā
Sabbe manussā
Sabbe vinipātikā
Averā hontu
Abyāpajjā hontu
Anighā hontu
Sukhī attānaṃ, parihārantu
Dukkhā muccantu
Yathā laddha sampattito
Māvigacchantu kammassakā

Idaṃ no puñña bhāgaṃ
Sabba sattānaṃ bhājema
Sādhu, sādhu, sādhu

Loving Kindness

By this practice
in accord with the true dhamma
I honor the Buddha.

By this practice
in accord with the true dhamma
I honor the Dhamma.

By this practice
in accord with the true dhamma
I honor the Sangha.

May I be free from enmity/danger;
may I be free from mental suffering;
may I be free from physical suffering;
may I take care of myself happily.

May my father and mother
and teachers, relatives and friends
and fellow brahma farers,
be free from enmity,
be free from mental suffering,
be free from physical suffering,
take care of themselves happily.

May all yogis in this grove,
be free from enmity,
be free from mental suffering,
be free from physical suffering,
take care of themselves happily.

May our guardian deities,
in this temple,
in this dwelling,
in this grove,

May the guardian deities
be free from enmity,
be free from mental suffering,
be free from physical suffering,
take care of themselves happily.

May all beings,
all living things,
all creatures,
all individuals,
all personalities,
all females,
all males,
all both female & male,
all neither female nor male,
all noble ones,
all who are not nobles,
all deities,
all humans,
all those in unhappy states,
be free from enmity;
be free from mental suffering;
be free from physical suffering;
take care of themselves happily;
may they be free from all suffering;
may they enjoy safety and abundance;
have kamma as their true property.

May this merit of ours
be apportioned to all beings.
Well spoken ...