

# 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, ñatimittaca  
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 ...