

METTA CHANT

(Theravadan, Pali) loving kindness

IMAYA DHAMMANU
DHAMMA PATIPATTIYA
BUDDHAM PUJEMI

By this practice
in accord with the true Dhamma
I honour the Buddha

IMAYA DHAMMANU
DHAMMA PATIPATTIYA
DHAMMAM PUJEMI

By this practice
in accord with the true Dhamma
I honour the Dhamma

IMAYA DHAMMANU
DHAMMA PATIPATTIYA
SANGHAM PUJEMI

By this practice
in accord with the true Dhamma
I honour the Sangha

IMAYA DHAMMANU
DHAMMA PATIPATTIYA
MATA PITUNAM PUJEMI

By this practice
in accord with the true Dhamma
I honour my mother and father

IMAYA DHAMMANU
DHAMMA PATIPATTIYA
ACARIYANAM

By this practice
in accord with the true Dhamma
I honour my teachers

SABBE SATTA
SABBE PANA

May all beings
all living beings

SABBE BHUTA
SABBE PUGGALA

all creatures
all individuals

SABBE ATTABHAVA, PARIYAPANNA

all personalities

SABBA ITTHIYO
SABBE PURISA

all females
all males

SABBE ARIYA
SABBE ANARIYA

all noble ones
all who are not noble

SABBE DEVA
SABBE MANUSSA

all deities
all humans

SABBE VINIPATIKA

all those in unhappy states

AVERA HONTU
ABYAPAJJA HONTU
ANIGHA HONTU
SUKHI ATTANAM, PARIHARANATU

May they be free from enmity
May they be free from mental suffering
May they be free from physical suffering
May they take of themselves happily

DUKKHA MUCCANTU

May they be free from suffering

YATHA LADDHA SAMPATTITO

May they enjoy safety and abundance

MAVIGACCHANTU KAMMASSKA

May they have their kamma as their true property

SABBE SATTA SUKHI HONTU

MAY ALL BEINGS BE HAPPY

SADHU SADHU SADHU

Well spoken