



Mahamevnawa Buddhist Monastery

Noble Friends of Toronto



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Brahmā Vihara Meditation

Spreading loving kindness, compassion, altruistic joy and equanimity...



May I be free from anger;

May I free from ill will;

May I be free from jealousy;

May I be happy with wealth;

May I be happy with long life;

May I be happy with beauty;

May I be happy with health;

May I be happy with power;

May I be free from mental suffering;

May I be free from physical suffering;

May whatever I have gained, not be lost;

May no harm befall me;

May I live in peace;

I am the owner of my own kamma.

*(kamma ~ good and bad results of actions done by
body, speech and mind)*

May all beings in this city be free from anger;

May they be free from ill will;

May they be free from jealousy;

May they be happy with wealth;

May they be happy with long life;

May they be happy with beauty;

May they be happy with health;

May they be happy with power;

May they be free from mental suffering;

May they be free from physical suffering;

May whatever they have gained, not be lost;

May no harm befall them;

May they live in peace;

All beings in this city are owners of their kamma.

*May all beings in this monastery be free from
anger;*

May they be free from ill will;

May they be free from jealousy;

May they be happy with wealth;

May they be happy with long life;

May they be happy with beauty;

May they be happy with health;

May they be happy with power;

May they be free from mental suffering;

May they be free from physical suffering;

May whatever they have gained, not be lost;

May no harm befall them;

May all beings in this monastery live in peace;

*All beings in this monastery are owners of their
kamma.*

*May all beings in this province be free from
anger;*

May they free from ill will;

May they be free from jealousy;

May they be happy with wealth;

May they be happy with long life;

May they be happy with beauty;

May they be happy with health;

May they be happy with power;

May they be free from mental suffering;

May they be free from physical suffering;

May whatever they have gained, not be lost;

May no harm befall them;

May they live in peace;

*All beings in this province are owners of their
kamma.*

May all beings in this country be free from anger;

May they free from ill will;

May they be free from jealousy;

May they be happy with wealth;

May they be happy with long life;

May they be happy with beauty;

May they be happy with health;

May they be happy with power;

May they be free from mental suffering;

May they be free from physical suffering;

May whatever they have gained, not be lost;

May no harm befall them;

May they live in peace;

*All beings in this country are owners of their
kamma.*

May they be free from mental suffering;

May they be free from physical suffering;

May whatever they have gained, not be lost;

May no harm befall them;

May them live in peace;

*All beings in this world are the owners of their
kamma.*

May all beings be free from anger;

May they be free from ill will;

May they be free from jealousy;

May they be happy with wealth;

May they be happy with long life;

May they be happy with beauty;

May they be happy with health;

May they be happy with power;

May they be free from mental suffering;

May they be free from physical suffering;

May whatever they have gained, not be lost;

May no harm befall them;

May they live in peace;

All beings are owners of their kamma.

May all beings in this world be free from anger;

May they be free from ill will;

May they be free from jealousy;

May they be happy with wealth;

May they be happy with long life;

May they be happy with beauty;

May they be happy with health;

May they be happy with power;

Sādhu! Sādhu! Sādhu!

SEEK the truth in a world of conceit; LEAD a righteous life in a world of
immorality; SPREAD loving kindness in a world of hatred & FIND
wisdom in a world of delusion.

Mahamevnawa Buddhist Monastery

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