



MAHAMEVNAWA

Buddhist Monastery – Toronto

Chanting Of Mettha Bhāvanā – Loving Kindness Meditation



Aham avero homi
abyāpajjho homi
anīgo homi
sukhī attānam pariharāmi
Aham viya myham
āchari upajjhāyā
māthā pitharo
hitha satthā
majjhattika satthā
verī satthā
averā hontu
Abyāpajjhā hontu
anīghā hontu
sukhī atthānam pariharantu
dukkhā muñchanthu
Yathā laddha sampatthito māvigacchantu
Kammassakā

May I be free from anger;
may I be free from ill will;
may I be free from mental and physical suffering;
may I look after myself and live happily.
As I am,
so may my noble mentors,
my mother and father,
friendly beings,
indifferent beings,
and unfriendly beings,
be free from anger;
be free from ill will;
be free from mental and physical suffering;
may they look after themselves, live happily,
and be free from suffering.
May whatever they have gained, not be lost.
All beings are owners of their kamma.

Imasmim vihāre
imasmim gocharagāme
imasmim nagare
imasmim deepe
imasmim lankādeepe
imasmim jambudeepe
imasmim chakkavāle
issara janā
sīmattaka devatā
sabbe satthā
averā hontu
abyāpajjhā hontu
anīghā hontu
sukhī atthānam pariharantu
dukkhā muñchantu
Yathā laddha sampatthitho māvigacchantu
Kammassakā

In this monastery;
in this village;
in this city;
in this country;
in Sri Lanka;
in the Indian Subcontinent;
in this universe,
may prosperous leaders,
devas within these boundaries,
and all beings,
be free from anger;
be free from ill will;
be free from mental and physical suffering;
may they look after themselves, live happily,
and be free from suffering.
May whatever they have gained, not be lost.
All beings are owners of their kamma.



Puratthimāya disāya In the eastern direction;
dakkhināya disāya in the southern direction;
pacchimāya disāya in the western direction;
uttarāya disāya in the northern direction;
puratthimāya anudisāya in the southeast direction;
dakkhināya anudisāya in the southwest direction;
pacchimāya anudisāya in the northwest direction;

uttarāya anudisāya in the northeast direction;
hettimāya disāya in the direction below;
uparimāya disāya and in the direction above,
sabbe satthā may all beings,
sabbe pānā all living beings,
sabbe bhūtā all creatures,
sabbe puggalā all persons,
sabbe atthabhāva pariyāpannā all individuals,
sabbā itthiyo all females,
sabbe purisā all males,
sabbe ariyā all noble ones,
sabbe anariyā all worldlings,
sabbe devā all deities,
sabbe manussā all humans,
sabbe amanussā all non-humans,
sabbe vinipāthikā and all those in the four woeful planes,
averā hontu be free from anger;
abyāpajjhā hontu be free from ill will;
anīghā hontu be free from mental and physical suffering;
sukhī attānam pariharantu may they look after themselves, live happily,
dukkhā muñchantu and be free from suffering.
Yathā laddha sampatthitho māvigacchantu May whatever they have gained, not be lost.
Kammassakā All beings are owners of their kamma.

Sabbe satthā sukhīno bhavanthu May all beings live happily.
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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.

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