

METTABHĀVANĀ

FRIENDLINESS
MEDITATION



EDITED & TRANSLATED BY ĀNANDAJOTI BHIKKHU

Mettabhāvanā
Friendliness Meditation
(based on Paṭisambhidāmagga and Visuddhimagga)

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1. Ahaṃ avero homi, abyāpajho homi, anīgho homi,

May I be free from hatred, may I be free from oppression, may I be free from trouble,

Sukhī attānaṃ pariharāmi.

May I take care of myself and be happy.

2. Ahaṃ viya mayhaṃ ācariyupajjhāyā, mātā, pitaro,

And like myself, may my teacher, preceptor, mother, father,

Hitasattā, majjhattikasattā, verisattā,

Those who are benefactors, those who are neutral, (and) those who are enemies,

Averā hontu, abyāpajjhā hontu, anīghā hontu

Be free from hatred, free from oppression, free from trouble,

Sukhī attānaṃ pariharantu, dukkhā muccantu,

May they take care of themselves and be happy, may they be free from suffering,

Yathāladdhasampattito mā vigacchantu kammassakā.

Being ones who own their actions, may they not lose whatever prosperity they have gained.

3. Imasmiṃ vihāre, imasmiṃ gocaragāme, imasmiṃ nagare,

In this living place, in this alms village, in this town,

Imasmiṃ Laṅkādīpe, imasmiṃ Jambudīpe, imasmiṃ cakkavāḷe,

in this Island of (Śri) Laṅkā, in this Rose-Apple Island (i.e. India), in this Universe,

Issarajanā sīmaṭṭhakadevatā, sabbe sattā

May the leaders of the people, the gods within these boundaries, (and) all beings,

Averā hontu, abyāpajjhā hontu, anīghā hontu,

Be free from hatred, free from oppression, free from trouble,

Sukhī attānaṃ pariharantu, dukkhā muccantu,

May they take care of themselves and be happy, may they be free from suffering,

Yathāladdhasampattito mā vigacchantu kammassakā.

Being ones who own their actions, may they not lose whatever prosperity they have gained.

4. Puratthimāya disāya, dakkhiṇāya disāya, pacchimāya disāya, uttarāya disāya,
In in the Eastern direction, in the Southern direction, in the Western direction, in the
Northern direction,

Puratthimāya anudisāya, dakkhiṇāya anudisāya,
In the South-Eastern direction, in the South-West direction,

Pacchimāya anudisāya, uttarāya anudisāya,
in the North-West direction, in the North-East direction,

Heṭṭhimāya disāya, uparimāya disāya,
In the lower direction, in the upper direction,

Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
May all creatures, all breathing creatures, all beings,

Sabbe puggalā, sabbe attabhāvapariyāpannā,
All persons, all individuals,

Sabbā itthiyo, sabbe purisā,
May all women, all men,

Sabbe ariyā, sabbe anariyā,
All those who are Noble, all those who are not (yet) Noble,

Sabbe devā, sabbe manussā, sabbe vinipātikā,
All gods, all human beings, all who have fallen (into the lower worlds),

Averā hontu, abyāpajjhā hontu, anīghā hontu,
Be free from hatred, free from oppression, free from trouble,

Sukhī attānaṃ pariharantu, dukkhā muccantu,
May they take care of themselves and be happy, may they be free from suffering,

Yathāladdhasampattito mā vigacchantu kammassakā.
Being ones who own their actions, may they not lose whatever prosperity they have
gained.