

# METTABHĀVANĀ

FRIENDLINESS  
MEDITATION



EDITED & TRANSLATED BY ĀNANDAJOTI BHIKKHU

**Mettabhāvanā**  
**Friendliness Meditation**  
*(based on Paṭisambhidāmagga and Visuddhimagga)*

Edited & Translated by Ānandajoti Bhikkhu

**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. Mama Mātāpitū, Ācariyā ca, ñātimitā ca, sabrahmacārino ca,**

May my Mother and Father, Teachers, relatives and friends, and fellow celibates,

**Averā hontu, abyāpajjhā hontu, anīghā hontu**

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

**Sukhī attānaṃ pariharantu.**

May they take care of themselves and be happy.

**3. Imasmiṃ ārāme, sabbe yogino**

In this monastery may all meditators

**Averā hontu, abyāpajjhā hontu, anīghā hontu,**

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

**Sukhī attānaṃ pariharantu.**

May they take care of themselves and be happy.

**4. Imasmiṃ ārāme, sabbe bhikkhū bhikkhuniyo ca, upāsakā upāsikāyo ca**

In this monastery may all monks and nuns, laymen and laywomen

**Averā hontu, abyāpajjhā hontu, anīghā hontu,**

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

**Sukhī attānaṃ pariharantu.**

May they take care of themselves and be happy.



**5. Amhākaṃ catupaccayā dāyakā**

May our supporters who give the four requisites

**Averā hontu, abyāpajjhā hontu, anīghā hontu,**

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

**Sukhī attānaṃ pariharantu.**

May they take care of themselves and be happy.

**6. Amhākaṃ ārakkhā devatā imasmiṃ vihāre, imasmiṃ āvāse,**

May our protective gods in this living place, in this dwelling place,

**imasmiṃ ārāme ārakkhā devatā,**

May our protective gods in this monastery,

**Averā hontu, abyāpajjhā hontu, anīghā hontu,**

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

**Sukhī attānaṃ pariharantu.**

May they take care of themselves and be happy.

**7. 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 ignoble,

**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.

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

**Puratthimāya anudisāya, pacchimāya anudisāya,**  
In the South-Eastern direction, in the North-West direction,

**Uttarāya anudisāya, dakkhiṇāya anudisāya,**  
In the North-East direction, in the South-West 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.

**8. Uddham yāva bhavaggā ca adho yāva Avīcīto**

From the top of existence down, and from the Avīcī hell up,

**samantā cakkavāḷesu, ye sattā pathavī carā,**  
everywhere in the universe, whatever beings live on the earth,

**abyāpajjhā niverā ca niddukkhā cānupaddavā.**  
(may they be) free from oppression, free from hatred, free from suffering, and free from danger.

**Uddham yāva bhavaggā ca adho yāva Avīcīto**

From the top of existence down, and from the Avīcī hell up,

**samantā cakkavāḷesu, ye sattā udake carā,**  
everywhere in the universe, whatever beings live in the water,

**abyāpajjhā niverā ca niddukkhā cānupaddavā.**  
(may they be) free from oppression, free from hatred, free from suffering, and free from danger.

**Uddham yāva bhavaggā ca adho yāva Avīcīto**

From the top of existence down, and from the Avīcī hell up,

**samantā cakkavāḷesu, ye sattā ākāse carā,**  
everywhere in the universe, whatever beings live in the sky,

**abyāpajjhā niverā ca niddukkhā cānupaddavā.**  
(may they be) free from oppression, free from hatred, free from suffering, and free from danger.

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**Imāya Dhammānudhammapaṭipattiyā Buddham pūjemi,**

By this practice in conformity with the Dhamma I worship the Buddha,

**Imāya Dhammānudhammapaṭipattiyā Dhammam pūjemi,**

By this practice in conformity with the Dhamma I worship the Dhamma,

**Imāya Dhammānudhammapaṭipattiyā Saṅgham pūjemi,**

By this practice in conformity with the Dhamma I worship the Saṅgha,

**Imāya Dhammānudhammapaṭipattiyā Mātāpitaro pūjemi,**

By this practice in conformity with the Dhamma I worship my Parents,

**Imāya Dhammānudhammapaṭipattiyā Ācāriye pūjemi,**

By this practice in conformity with the Dhamma I worship my Teachers,

**Addhā imāya paṭipadāya jarāmarañamhā parimuccisāmi.**

By this practice may I be freed from old age and death.

**Idam me puññam āsavakkhayāvaham hotu.**

May my merit bring about the destruction of the pollutants.

**Idam me sīlam Maggaphalañāṇassa paccayo hotu.**

May my virtue be a condition for (gaining) knowledge of Path and Fruit.

**Imam no puññabhāgam sabbasattānam dema.**

We give a share of our merits to all beings.

**Sabbe sattā sukhitā hontu!**

May all beings be happy!

**Sādhu! Sādhu! Sādhu!**

Well said! Well said! Well said!