

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 avīcito samantā Cakkavāḷesu

From the highest of existence down, and from the lowest worlds up, everywhere in the Universe,

Ye sattā paṭhavī carā, abyāpajjhā niverā ca niddukkhā canupaddavā.

Whatever beings live on the earth, (may they be) free from oppression, free from hatred, free from suffering, and free from danger.

Uddham yāva bhavaggā ca adho yāva avīcito samantā Cakkavāḷesu

From the highest of existence down, and from the lowest worlds up, everywhere in the Universe,

Ye sattā udake carā, abyāpajjhā niverā ca niddukkhā canupaddavā.

Whatever beings live in the waters, (may they be) free from oppression, free from hatred, free from suffering, and free from danger.

Uddham yāva bhavaggā ca adho yāva avīcito samantā Cakkavāḷesu

From the highest of existence down, and from the lowest worlds up, everywhere in the Universe,

Ye sattā ākāse carā, abyāpajjhā niverā ca niddukkhā canupaddavā.

Whatever beings live in the sky, (may they be) free from oppression, free from hatred, free from suffering, and free from danger.

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Imāya Dhammānudhammapaṭipattiyā Buddhāṃ pūjemi,

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

Imāya Dhammānudhammapaṭipattiyā Dhammāṃ pūjemi,

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

Imāya Dhammānudhammapaṭipattiyā Saṅghāṃ 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 jarāmarañāṃhā parimuccisāmi.

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

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu.

May my merit bring about the destruction of the pollutants.

Idaṃ me sīlaṃ Maggaphalañāṇassa paccayo hotu.

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

Imaṃ no puññabhāgaṃ sabbasattānaṃ 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!