

Mettā Chant

sabbe sattā	all living beings
sabbe pāṇā	all breathing beings
sabbe bhūtā	all creatures
sabbe puggalā	all individuals
sabbe attabhāva pariyāpannā	all personalities
sabbā itthiyo	all females
sabbe purisā	all males
sabbe ariyā	all noble ones
sabbe anariyā	all not-noble ones (all worldlings)
sabbe devā	all devas
sabbe manussā	all humans
sabbe vinipātikā	all beings in the sorrowful realms

averā hontu	may they be free from enmity
abyāpajjā hontu	may they be free from mental suffering
anīghā hontu	may they be free from physical suffering
sukhī attānaṃ pariharantu	may they take care of themselves happily
dukkhā muccantu	may they be free from unsatisfactoriness
yathā laddha sampattito	may whatever they have gained not be lost
māvigacchantu	
kammassakā	they have kamma as their true property

puratthimāya disāya	in the eastern direction
pacchimāya disāya	in the western direction
uttarāya disāya	in the northern direction
dakkhiṇāya disāya	in the southern direction
puratthimāya anudisāya	in the south-eastern direction
pacchimāya anudisāya	in the north-western direction
uttarāya anudisāya	in the north-eastern direction
dakkhiṇāya anudisāya	in the south-western direction
heṭṭhimāya disāya	in the direction below
uparimāya disāya	in the direction above

The Four Aspirations

sabbe sattā averā hontu	may all beings be free from enmity
sabbe sattā abyāpajjā hontu	may all beings be free from mental suffering
sabbe sattā anīghā hontu	may all beings be free from physical suffering
sabbe sattā sukhī attānaṃ	may all beings take care of themselves happily
pariharantu	

The Four Aspirations (Burmese)

Aalone thatawa dwe
Chanma ja ba se
Kyanda ja ba se
Go sinye kin ja ba se
Sei' sinye kin ja ba se
A-sasa a-yaya asinpye ja ba se

All beings
May they be well.
May they be happy.
May they be free from physical suffering.
May they be free from mental suffering.
May all aspects of their lives be accomplished.

Sharing of Merit (Burmese)

Ahmya
Ahmya
Ahmya
Yudaw mu ja ba koun lo
Sadhu, sadhu, sadhu

Sharing – sharing – sharing,
please partake of these merits.
Sadhu, sadhu, sadhu.

The Four Boundless States

Mettā-sahagatena cetasā ekaṃ disaṃ pharivā viharati
tathā dutiyaṃ tathā tatiyaṃ tathā catutthaṃ
iti uddhamadho tiriyaṃ sabbadhi sabbattatāya sabbavantam lokam
mettā-sahagatena cetasā vipulena mahaggatena appamāṇena averena
abyāpajjhena pharivā viharati

Karuṇā-sahagatena cetasā ekaṃ disaṃ pharivā viharati
tathā dutiyaṃ tathā tatiyaṃ tathā catutthaṃ
iti uddhamadho tiriyaṃ sabbadhi sabbattatāya sabbavantam lokam
karuṇā-sahagatena cetasā vipulena mahaggatena appamāṇena averena
abyāpajjhena pharivā viharati

Muditā-sahagatena cetasā ekaṃ disaṃ pharivā viharati
tathā dutiyaṃ tathā tatiyaṃ tathā catutthaṃ
iti uddhamadho tiriyaṃ sabbadhi sabbattatāya sabbavantam lokam
muditā-sahagatena cetasā vipulena mahaggatena appamāṇena averena
abyāpajjhena pharivā viharati

Upekkhā-sahagatena cetasā ekaṃ disaṃ pharivā viharati
tathā dutiyaṃ tathā tatiyaṃ tathā catutthaṃ
iti uddhamadho tiriyaṃ sabbadhi sabbattatāya sabbavantam lokam
upekkhā-sahagatena cetasā vipulena mahaggatena appamāṇena averena
abyāpajjhena pharivā viharati

I will abide pervading one quarter with a heart imbued with *loving-kindness*;
likewise the second, likewise the third, likewise the fourth;
so above and below, around and everywhere; and to all as to myself.
I will abide pervading the all-encompassing world with a heart imbued
with *loving-kindness*;
abundant, exalted, immeasurable, without hostility, and without ill-will.

..... *compassion*

..... *gladness*

..... *equanimity*

Mettā Sutta

This is what should be done,
By one who is skilled in goodness,
And who knows the path of peace:
Let them be able and upright,
Straightforward, and gentle in speech,
Humble and not conceited,
Contented and easily satisfied.
Unburdened with duties,
and frugal in their ways.
Peaceful and calm and wise and skilful,
Not proud or demanding in nature.
Let them not do the slightest thing
That the wise would later reprove.
Wishing in gladness and in safety,
May all beings be at ease.
Whatever living beings there may be,
Whether they are weak or strong;
Omitting none.
The great and the mighty,
Medium, short or small.
The seen and the unseen,
Those living near and far away.
Those born and to be born,

May all beings be at ease.
Let none deceive another
Or despise any being in any state.
Let none through anger or ill will,
Wish harm upon another.
Even as a mother protects with her life,
Her child, her only child.
So with a boundless heart
Should one cherish all living beings,
Radiating kindness over the entire world.
Spreading upwards to the skies,
And downwards to the depths.
Outward and unbounded,
Freed from hatred and ill-will.
Whether standing or walking,
Seated or lying down, free from drowsiness
One should sustain this recollection;
This is said to be the divine abiding.
By not holding to fixed views,
The pure hearted one,
Having clarity of vision,
Being freed from sense desire,
Is not born again into this world.

Mettā in Deed, Speech, and Thought

(by Chanmyay Sayadaw, English translation by Ariya Baumann)

Whenever your action is suffused with mettā,
you will be treated with respect and kindness,
forever remembered with gratitude,
living harmoniously and in unity,
at peace with yourself and the world.

Whenever your speech is suffused with mettā,
speaking words that are sweet, beneficial, and pleasing to hear,
you will be treated with respect and kindness,
forever remembered with gratitude,
living harmoniously and in unity,
at peace with yourself and the world.

Whenever your thoughts are suffused with mettā,
you will be treated with respect and kindness,
forever remembered with gratitude,
living harmoniously and in unity,
at peace with yourself and the world.

Friede – Peace

**Friede wünsch i mir
und Friede wünsch i dir
Friede für eus alli
und für die ganzi Wält**
(Swiss German)

May I be peaceful
May you be peaceful
May there be peace for all of us
And for the whole world
(English translation)

Loka samasta

Loka samasta sukhino bhavantu
May all the beings in all the worlds be happy

Mettā – Karuṇā – Muditā - Upekkhā

Mettā

Loving-kindness, benevolence, friendliness, unconditional love
May all beings be well, happy and peaceful.
May all beings live at ease and in peace.

Karuṇā

Compassion
May all beings be free from suffering.
May all beings be free from danger and enmity.

Muditā

Sympathetic joy
May all beings enjoy safety and abundance.
May whatever happiness has been attained not be lost.

Upekkhā

Equanimity
All beings have kamma as their true property.
Things are as they are.

Sharing of Blessings

Through the goodness that arises from my practice,
May my spiritual tēachers and *guides* of great virtue,
My mother, my fāther and my relatives,
The *sun* and thē moon, and all virtuous lēaders of the world –
May the highest gods and evil forces,
Celestīal beings, *guardian* spīrits of the Earth and the Lord ōf Death,
May those who are frīendly, indifferent or hostile,
May all beings receive the blēssīngs of my life.
May they soon attain the thrēēfold bliss and realize the Deathless.
Through the goodness that arises from my practice,
And through this act of sharing,
May all desires and attāchments quickly cease
And all harmful states ōf mind.
Until I realize Nibbāna,
In every kind of birth, may I have an ūpright mind
With mindfulness and wisdom, austērity and vigor.
May the forces of delūision not take hold nor weaken my resolve.
The Buddha is my ēxcellent refuge,
Unsurpassed is the protēction of the Dhamma,
The Solitary Būddha is my noble guide,
The Sangha is my suprēme support.
Through the supreme pōwēr of all these,
May darkness and delūision be dispelled.