

## Pali Metta Chant

*Aham avero homi* May I be free from enmity and danger.  
*Abyapajjho homi* May I be free from mental suffering.  
*Anigho homi* May I be free from physical suffering.  
*Sukhi attanam pariharami* May I take care of myself happily.

*Mama matapitu* May my parents,  
*Acariya ca natimitta ca* teachers, relatives and friends,  
*Sabrahma carino ca* Companions in the Dharma,  
*Avera hontu* be free from enmity and danger,  
*Abyapajjha hontu* be free from mental suffering,  
*Anigha hontu* be free from physical suffering.  
*Sukhi attanam pariharantu* May they take care of themselves happily.

*Sabbe satta* May all beings,  
*Sabbe pana* all breathing things,  
*Sabbe bhuta* all creatures,  
*Sabbe puggala* all individuals,  
*Sabbe attabhava pariyapanna* all personalities (beings with mind and body),  
*Sabba itthiyo* may all females,  
*Sabbe purisa* all males,  
*Sabbe ariya* all noble ones,  
*Sabbe anariya* all worldlings,  
*Sabbe deva* all deities,  
*Sabbe manussa* all humans,  
*Sabbe vinipatika* all those in the four woeful planes ,

*Avera hontu* be free from enmity and danger,  
*Abyapajjha hontu* be free from mental suffering,  
*Anigha hontu* be free from physical suffering.  
*Sukhi attanam pariharantu* May they take care of themselves happily.