

Universal Wellbeing (mettāpharaṇa)

[Handa mayaṃ mettāpharaṇaṃ karomase]

Ahaṃ sukhito homi

Niddukkho homi

Avero homi

Abyāpajjho homi

Anīgho homi

Sukhī attānaṃ pariharāmi

Sabbe sattā sukhitā hontu

Sabbe sattā averā hontu

Sabbe sattā abyāpajjhā hontu

Sabbe sattā anīghā hontu

Sabbe sattā sukhī attānaṃ pariharantu

Sabbe sattā sabbadukkhā pamuccantu

Sabbe sattā laddha-sampattito mā vigacchantu

Sabbe sattā kammassakā kammadāyādā kammayonī

kammabandhū kammaṭṭisaraṇā

Yaṃ kammaṃ karissanti

Kalyāṇaṃ vā pāpakaṃ vā

Tassa dāyādā bhavissanti

[Now let us recite the reflections on universal well-being]

May I abide in well-being

In freedom from affliction

In freedom from hostility

In freedom from ill-will

In freedom from anxiety

And may I maintain well-being in myself

May everyone abide in well-being

In freedom from hostility

In freedom from ill-will

In freedom from anxiety

And may they maintain well-being in themselves

May all beings be released from all suffering

And may they not be parted from the good fortune they have attained

All beings are the owners of their kamma

Heirs to their kamma

Born of their kamma

Related to their kamma

Abide supported by their kamma

Whatever kamma they shall do

Either skillful or harmful

Of such acts' they will be the heirs