

LOVING KINDNESS CHANT

May I be free from enmity and danger.
May I be free from mental suffering.
May I be free from physical suffering.
May I take care of my own happiness.

May my parents
Teachers, family and friends
Fellow Dharma farers
Be free from enmity and danger,
Be free from mental suffering,
Be free from physical suffering.
May they take care of their own happiness.

May all meditators in this place
Be free from enmity and danger,
Be free from mental suffering,
Be free from physical suffering,
May they take care of their own happiness.

May all spiritual teachers in this place
And all aspirants
Laymen and laywomen disciples
Be free from enmity and danger,
Be free from mental suffering,
Be free from physical suffering.
May they take care of their own happiness.

May our Divine Patrons of the Four Supports,
Clothing, food, medicine and lodging,
Be free from enmity and danger,
Be free from mental suffering,
Be free from physical suffering.
May they take care of their own happiness.

May our Guardian Devas
In this Sacred Place,
In this holy Dwelling
In this Quiet Temple

May our Guardian Devas
Be free from enmity and danger,
Be free from mental suffering,

Be free from physical suffering,
May they take care of their own happiness.

May all beings,
All breathing things,
All creatures,
All individual beings,
All beings with mind and body,
May all females,
All males,
All noble ones,
All worldlings,
All devas,
All humans,
All those in the woeful planes,
Be free from enmity and danger,
Be free from mental suffering,
Be free from physical suffering.
May they take care of their own happiness.

May all beings be free from suffering.
May whatever they have gained not be lost.
All beings are owners of their own Dharma.

In the eastern direction,
In the western direction
In the northern direction,
In the southern direction.

In the southeast direction,
In the northwest direction,
In the northeast direction,
In the southwest direction,
In the direction below,
In the direction above.

May all beings,
All breathing things,
All creatures,
All beings with mind and body,
May all females,
All males,
All noble ones,

All worldlings,
All devas,
All humans,
All those in the woeful planes.

Be free from enmity and danger,
Be free from mental suffering,
Be free from physical suffering.
May they take care of their own happiness.

May all beings be free from suffering,
May whatever they have
Gained not be lost.
All beings are owners of their own Dharma.

As far as the highest plane of existence,
As far down as the lowest plane,
In the entire universe,
Whatever beings that move on earth.
May they be free from all mental suffering and enmity,
May they be free from all physical suffering and danger.

As far as the highest plane of existence,
As far down as the lowest plane,
In the entire universe,
Whatever beings that move on water,
May they be free of mental suffering and enmity
And from physical suffering and danger.

As far as the highest plane of existence,
As far down as the lowest plane,
In the entire universe,
Whatever beings that move in air,
May they be free from mental suffering and enmity,
And from physical suffering and danger.