

**Metta Sutta**

**AVERO HOMI**

May I be free from enmity and danger.

**ABVYA PAJJO 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.

**SABBE SATTHA AVERA HONTU**

May all beings be free from enmity and danger.

**ABVYA PAJJA HONTU**

May all beings be free from mental suffering.

**ANIGHA HONTU**

May all beings be free from physical suffering.

**SUKHI ATTANAM PARIHARANTU**

May all beings take care of themselves happily.

**SUKHITA HOTH**

May all beings be happy.

**DUKKA MUCCHATHA**

May all beings be free from suffering.

**SADHU SADHU SADHU**

May it be so.