# **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 HOTHA**

May all beings be happy.

# **DUKKA MUCCHATHA**

May all beings be free from suffering.

### SADHU SADHU SADHU

May it be so.