

Opening

Namo tassa bhagavato arahato sammā-sambuddhassa. (Three times.)

Aspiring to the Blessed, the fully purified, the fully awakened.

Closing: Dedication of the Merit

Idam Te Puñña Kammam Asavakkhaya vham hotu

By the merit of this activity may the cankers and false views be destroyed

Loving Kindness (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

AHAM VAYA SABBE SATTA

As with me,

avera hontu

May all beings be free from enmity and danger

ABYAPAJJHA 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