

from
Panditarama
Lumbini



Chanting

Ahaṃ avero homi

May I be free from enmity and danger.

Abyāpajjho homi

May I be free from mental suffering.

Anīgho homi

May I be free from physical suffering.

Sukhī attānaṃ pariharāmi

May I take care of myself happily.

Mama mātāpitu

May my parents,

Ācariyā ca ñātimitā ca

teachers, relatives and friends,

Sabrahma - cārino ca

fellow Dhammafarers

Averā hontu

be free from enmity and danger,

Abyāpajjhā hontu

be free from mental suffering,

Anīghā hontu

be free from physical suffering.

Sukhī - attānaṃ pariharantu

May they take care of themselves happily.

<i>Imasmim ārame sabbe yogino</i>	May all yogis in this compound
<i>Āverā hontu</i>	be free from enmity and danger,
<i>Ābyāpajjhā hontu</i>	be free from mental suffering,
<i>Anīghā hontu</i>	be free from physical suffering.
<i>Sukhī - attānam pariharantu</i>	May they take care of themselves happily.
<i>Imasmim ārame sabbe bhikkhu</i>	May all monks in this compound,
<i>Sāmanerā ca</i>	novice monks,
<i>Upāsaka - upāsikāyo ca</i>	laymen and laywomen disciples
<i>Āverā hontu</i>	be free from enmity and danger,
<i>Ābyāpajjhā hontu</i>	be free from mental suffering,
<i>Anīghā hontu</i>	be free from physical suffering.
<i>Sukhī attānam pariharantu</i>	May they take care of themselves happily.
<i>Amhākaṃ catupiccaya – dāyakā</i>	May our donors of the four supports (clothing, food, medicine and lodging)
<i>Āverā hontu</i>	be free from enmity and danger,
<i>Ābyāpajjhā hontu</i>	be free from mental suffering,



<i>Anīghā hontu</i>	be free from physical suffering.
<i>Sukhī attānaṃ pariharantu</i>	May they take care of themselves happily.
<i>Amhākaṃ ārakka devatā</i>	May our guardian devas
<i>Ismasmiṃ vihāre</i>	in this monastery,
<i>Ismasmiṃ āvāse</i>	in this dwelling,
<i>Ismasmiṃ ārāme</i>	in this compound,
<i>Ārakka devatā</i>	may the guardian devas
<i>Āverā hontu</i>	be free from enmity and danger,
<i>Abyāpajjhā hontu</i>	be free from mental suffering,
<i>Anīghā hontu</i>	be free from physical suffering.
<i>Sukhī attānaṃ pariharantu</i>	May they take care of themselves happily.
<i>Sabbe sattā</i>	May all beings,
<i>Sabbe pānā</i>	all breathing things,
<i>Sabbe bhūtā</i>	all creatures,
<i>Sabbe puggalā</i>	all individuals (all beings),
<i>Sabbe attabhāva-pariyāpannā</i>	all personalities (all beings with mind and body),



<i>Sabbā itthiyo</i>	may all females,
<i>Sabbe purisā</i>	all males,
<i>Sabbe ariyā</i>	all noble ones (saints),
<i>Sabbe anariyā</i>	all worldlings (those yet to attain sainthood),
<i>Sabbe devā</i>	all devas (deities),
<i>Sabbe manussā</i>	all humans,
<i>Sabbe vinipātikā</i>	all those in the four woeful planes
<i>Āverā hontu</i>	be free from enmity and danger,
<i>Ābyāpajjhā hontu</i>	be free from mental suffering,
<i>Anīghā hontu</i>	be free from physical suffering.
<i>Sukhī attānaṃ pariharantu</i>	May they take care of themselves happily.
<i>Dukkhā muccantu</i>	May all beings be free from suffering,
<i>Yathā-laddha-saṃpattito māvigicchantu</i>	May whatever they have gained not be lost
<i>Kammassakā</i>	All beings are the owners of their Kamma

[The above three lines are the contemplation on the remaining three *brahmavihāras* of *karunā* (compassion), *muditā* (sympathetic joy) and *upekkhā* (equanimity) respectively.]



<i>Puratthimāya disāya</i>	In the eastern direction,
<i>Pacchimāya disāya</i>	in the western direction,
<i>Uttarāya disaya</i>	in the northern direction,
<i>Dakkhiṇāya disāya</i>	in the southern direction,
<i>Puratthimāya anudisāya</i>	in the southeast direction,
<i>Pacchimāya anudisaya</i>	in the northwest direction,
<i>Uttarāya anudisāya</i>	in the northeast direction,
<i>Dakkhiṇāya anudisāya</i>	in the southwest direction,
<i>Heṭṭhimāya disāya</i>	in the direction below,
<i>Uparimāya disāya</i>	in the direction above
<i>Sabbe sattā</i>	may all beings,
<i>Sabbe pānā</i>	all breathing things,
<i>Sabbe bhūtā</i>	all creatures,
<i>Sabbe puggalā</i>	all individuals (all beings),
<i>Sabbe attabhāva – pariyāpannā</i>	all personalities (all beings with mind and body),
<i>Sabbā itthiyo</i>	may all females,



<i>Sabbe purisā</i>	all males,
<i>Sabbe ariyā</i>	all noble ones (saints),
<i>Sabbe anariyā</i>	all worldlings (those yet to attain sainthood),
<i>Sabbe devā</i>	all devas (deities),
<i>Sabbe manussā</i>	all humans,
<i>Sabbe vinipātikā</i>	all those in the four woeful planes
<i>Averā hontu</i>	be free from enmity and danger,
<i>Abyāpajjhā hontu</i>	be free from mental suffering,
<i>Anīghā hontu</i>	be free from physical suffering.
<i>Sukhī attānam pariharantu</i>	May they take care of themselves happily.
<i>Dukkhā muccantu</i>	May all being be free from suffering,
<i>Yathā-laddha-sampattito māvigacchantu</i>	May whatever they have gained not be lost
<i>Kammassakā</i>	All beings are the owners of their Kamma
<i>Uddham yāva bhavaggā ca</i>	As far as the highest plane of existence
<i>Adho yāva avicito</i>	to as far down as the lowest plane,
<i>Samantā cakkavālesu</i>	in the entire universe

<i>Ye sattā pathavīcarā</i>	whatever beings that move on earth
<i>Abyāpajjhā niverā ca</i>	may they are free of mental suffering and enmity
<i>Nidhukkhā ca nupaddavā</i>	and from physical suffering and danger.
<i>Uddham yāva bhavaggā ca</i>	As far as the highest plane of existence
<i>Adho yāva avicito</i>	to as far down as the lowest plane
<i>Samantā cakkavālesu</i>	in the entire universe
<i>Ye sattā udakecarā</i>	whatever beings that move on water
<i>Abyāpajjhā niverā ca</i>	may they are free of mental suffering and enmity
<i>Nidhukkhā ca nupaddavā</i>	and from physical suffering and danger.
<i>Uddham yāva bhavaggā ca</i>	As far as the highest plane of existence
<i>Adho yāva avicito</i>	to as far down as the lowest plane
<i>Samantā cakkavālesu</i>	in the entire universe
<i>Ye sattā ākāsecarā</i>	whatever beings that move in air
<i>Abyāpajjhā niverā ca</i>	may they are free of mental suffering and enmity
<i>Nidhukkhā ca nupaddavā</i>	and from physical suffering and danger.