

Metta Chant

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 HOTHHA

May all beings be happy

DUKKHA MUCCHATHA

May all beings be free from suffering.

SADHU SADHU SADHU

May it be so

Metta is één van de vier onmetelijke kwaliteiten van de geest (Brahmavihara's) en betekent o.a. liefdevolle vriendelijkheid. De Metta Sutta is een soetra uit de Boeddhistische Pali Canon.