



Metta  
Luang

## METTĀ LUANG CHANT

Ahaṃ sukhito homi, niddukkho homi, avero homi, abyāpajjho homi, sukhi attānaṃ pariharāmi.

Sabbe puratthimāya disāya	sattā	sukhitā hontu.
Sabbe pacchimāya disāya	pāṇā	averā hontu.
Sabbe uttarāya disāya	bhūtā	abyāpajjhā hontu.
Sabbe dakkhiṇāya disāya	puggalā	anīghā hontu.
Sabbe puratthimāya anudisāya	attabhāva-pariyāpannā	sukhi attānaṃ pariharantu.
Sabbe pacchimāya anudisāya	itthiyo*	
Sabbe uttarāya anudisāya	purisā	
Sabbe dakkhiṇāya anudisāya	ariyā	
Sabbe heṭṭhimāya disāya	anāriyā	
Sabbe uparimāya disāya	devā	
	manussā	
	vinipātikā	

\* For *itthiyo* (women), change Sabbe to Sabbā.

## COMPASSION

Sabbe puratthimāya disāya	sattā	sabba-dukkhā pamuccantu
Sabbe pacchimāya disāya	pāṇā	<i>or:</i>
Sabbe uttarāya disāya	bhūtā	alābhā pamuccantu,
Sabbe dakkhiṇāya disāya	puggalā	ayasā pamuccantu,
Sabbe puratthimāya anudisāya	attabhāva-pariyāpannā	nindā pamuccantu,
Sabbe pacchimāya anudisāya	itthiyo*	sabba-dukkhā pamuccantu.
Sabbe uttarāya anudisāya	purisā	
Sabbe dakkhiṇāya anudisāya	ariyā	
Sabbe heṭṭhimāya disāya	anāriyā	
Sabbe uparimāya disāya	devā	
	manussā	
	vinipātikā	

\* *For itthiyo (women), change Sabbe to Sabbā.*

EMPATHETIC JOY

Sabbe puratthimāya disāya	sattā	laddha-sampattito mā vigacchantu.
Sabbe pacchimāya disāya	pāṇā	
Sabbe uttarāya disāya	bhūtā	
Sabbe dakkhiṇāya disāya	puggalā	
Sabbe puratthimāya anudisāya	attabhāva-pariyāpannā	
Sabbe pacchimāya anudisāya	itthiyo*	
Sabbe uttarāya anudisāya	purisā	
Sabbe dakkhiṇāya anudisāya	ariyā	
Sabbe heṭṭhimāya disāya	anāriyā	
Sabbe uparimāya disāya	devā	
	manussā	
	vinipātikā	

\* For *itthiyo* (women), change Sabbe to Sabbā.

## EQUANIMITIY

Sabbe puratthimāya disāya	sattā	kammassakā kamma-dāyādā,
Sabbe pacchimāya disāya	pāṇā	kamma-yonī kamma-bandhū,
Sabbe uttarāya disāya	bhūtā	kamma-paṭisaraṇā.
Sabbe dakkhiṇāya disāya	puggalā	
Sabbe puratthimāya anudisāya	attabhāva-pariyāpannā	
Sabbe pacchimāya anudisāya	itthiyo*	
Sabbe uttarāya anudisāya	purisā	Yaṃ kammaṃ karissanti,
Sabbe dakkhiṇāya anudisāya	ariyā	kalyāṇaṃ vā pāpakaṃ vā,
Sabbe heṭṭhimāya disāya	anāriyā	tassa dāyādā bhavissanti.
Sabbe uparimāya disāya	devā	
	manussā	
	vinipātikā	

\* For *itthiyo* (women), change Sabbe to Sabbā.

## How to chant the Metta Luang chant:

Starting with “*sattā*,” living beings, state the first direction, “*Sabbe puratthimāya disāya*,” “All in the east,” followed by “*sattā*,” and then the complete statement of goodwill: “*sukhitā hontu, averā hontu, abyāpajjhā hontu, anighā hontu, sukhi attānaṃ pariharantu*,” “May they be happy, free from animosity, free from oppression, free from trouble, and may they look after themselves with ease.”

Then repeat the entire formula for each direction, until you have covered all ten directions—in order: west, north, south, southeast, northwest, northeast, southwest, below, above.

Then repeat the same entire pattern for *pāṇā*, creatures. Then do the same for each of the remaining classes of beings: *bhūta*, those who have come into being; *puggalā*, individuals; *attabhāva-pariyāpannā*, those seeking to take birth; *itthiyo*, women; *purisā*, men; *ariyā*, noble ones; *anāriya*, non-noble ones; *devā*, devas; *manussā*, human beings; *vinipātikā*, those in the lower realms.

Then repeat this entire pattern for each of the remaining brahmavihāras.

*Compassion*: May all ... in the ... direction be freed from all stress & pain.

*Empathetic joy*: May all ... in the ... direction not be deprived of the good fortune they have attained.

*Equanimity*: All ... in the ... direction are the owners of their actions, heir to their actions, born of their actions, related through their actions, and have their actions as their arbitrator. Whatever they do, for good or for evil, to that will they fall heir.

**About the chant:**

This chant is derived from the *Paṭisambhidamagga*, a post-canonical text.

There are reports that Ven. Ajaan Mun Bhūridatto recited it on a regular basis. He taught it to Ven. Ajaan Khao Anālayo, who later passed it on to one of his students, Ven. Ajaan Singh Sundaro. Ajaan Singh promoted this chant to such an extent that he was popularly known as Luang Phaw (Venerable Father) Metta Luang.