



Brahmavihāra-Pharaṇam (Pāli)

(Hānda mayam brahmavihāra-pharaṇam karomase)

[Ahāṃ sukhito hōmi,] niddukkho hōmi, aṅvero hōmi, abyāpajho hōmi, aṅīgho hōmi,
sukhī aṅtānaṃ paṛihārāmi

Saḅbe saṅgā sukhitā hōntu, saḅbe saṅgā averā hōntu, saḅbe saṅgā abyāpajhā hōntu,
saḅbe saṅgā aṅīghā hōntu, saḅbe saṅgā sukhī aṅtānaṃ paṛihārāntu

Saḅbe saṅgā sabbadukkhā paṃuccāntu

Saḅbe saṅgā mā laddha-sāmpaṅgāntu vigacchāntu

Saḅbe saṅgā kammaṣṣaka kammādayādā kammāyonī kammābandhū kammaṇṇisaṅgā
yaṃ kammaṃ kaṛissānti kaḷyāṇaṃ vā pāpaṅkaṃ vā tassaṅ dayādā bhavaṅsānti



Reflections on Universal Well-Being (English)

(Now let us chant the reflections on universal well-being.)

May I abide in well-being, in freedom from affliction, in freedom from hostility, in
freedom from ill-will, in freedom from anxiety, and may I maintain well-being in myself.

May everyone abide in well-being, in freedom from hostility, in freedom from ill-will,
in freedom from anxiety, and may they maintain well-being in themselves.

May all beings be released from all suffering.

And may they not be parted from the good fortune they have attained.

When they act upon intention, all beings are the owners of their action and inherit its
results. Their future is born from such action, companion to such action, and its results
will be their home. All actions with intention, be they skillful or harmful, of such acts
they will be the heirs.