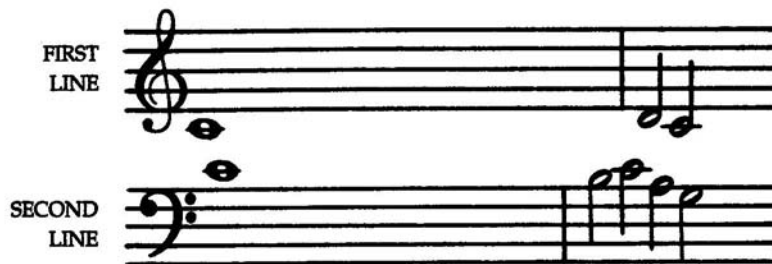


## **Metta (Loving Kindness) Chant**

The following chant should be sung as a Gregorian chant using Psalm Tone 8. It is a very nice group chant to open or close an evening meditation sitting.

### **PSALM TONE 8**



### **Preparation with Forgiveness**

I ask forgiveness of all beings\*

Whom I have hurt or harmed in any way.

I freely forgive all beings who have harmed me.\*

I freely forgive myself.

### **Pervasion of Loving-Kindness**

May I be safe from inner and outer danger.\*

May I be protected from harm and enmity.

May I be happy and free of mental torment.\*

May I be peaceful in heart and clear in mind.

May I be free of physical affliction.\*

May my body be strong and healthy.

May I take care of myself easily.\*

May I tend my life with gladness.

My mother and my father,\*

All my teachers and other helpers,

All my friends and all my relatives,\*

And all others who walk the path with me.

### **Refrain 1**

May they be safe from inner and outer danger.\*

May they be protected from harm and enmity.

May they be happy and free of mental torment.\*

May they be peaceful in heart and clear in mind.

May they be free of physical affliction.\*

May their bodies be strong and healthy.

May they take care of themselves easily.\*

May they tend their lives with gladness.

### **(Verse for monastic and retreat settings, otherwise omitted)**

All those gathered in this sacred place,\*

All those in every walk of life,

All those who are taking care of us,\*

And all the heavenly guardians watching.

#### *Refrain 1*

All existent beings,\*

All those who have breath of life,

All distinct creatures, all individuals,\*

All embodied personalities.

#### *Refrain 1*

### **Refrain 2**

May they be free of all pain, distress, and tribulation,\*

May they come to the end of all suffering.

May what good they have remain with them and grow greater,\*

May they enjoy unending happiness and abundance.

Yet their joys and sorrows of the future\*

Depend upon their actions and not my wishes.

All beings who are female,\*

And all male beings.

All those who are saintly,\*

And all those not yet come to holiness.

All angels and all human beings,\*

And all those in states of suffering.

#### *Refrain 1*

*Refrain 2*

In the eastern and western directions,\*  
In the northern and southern directions,  
To the southeast and to the northwest,\*  
To the northeast and to the southwest.  
In the downward direction,\*  
And in the upward direction.  
All existent beings,\*  
All those who have breath of life,  
All distinct creatures, all individuals,\*  
All embodied personalities.  
All beings who are female,\*  
And all male beings.  
All those who are saintly,\*  
And all those not yet come to holiness.  
All angels and all human beings,\*  
And all those in states of suffering.

*Refrain 1*

*Refrain 2*

As far up as the highest existence,\*  
And as far down as the lowest,  
In the entire universe,\*  
Whatever beings that move on earth,  
May they be free from distress and threat of harm,\*  
From physical suffering and danger.

As far up as the highest existence,\*  
And as far down as the lowest,  
In the entire universe,\*  
Whatever beings that move in water,  
May they be free from distress and threat of harm,\*  
From physical suffering and danger.

As far up as the highest existence,\*  
And as far down as the lowest,  
In the entire universe,\*

Whatever beings that move in air,  
May they be free from distress and threat of harm,\*  
From physical sufferinging and danger.

By the power of all that is holy,\*  
As shown in the lives of holy people,  
I call down protection in every way,\*  
In each direction.

### **Closing Offerings**

Surely by this practice\*  
From the wages of sin I shall be freed.  
May the merits of this practice\*  
Destroy the roots of harmful tendencies.  
May the merits of this practice\*  
Lead me to greater knowledge and love of God.  
May the merit of this practice\*  
Be for the good of all beings.

Amen.\*

Amen. Amen.

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This chant is our translation of one from a Malaysian Theravadan Buddhist monastery, where it is chanted in the evening. It includes all beings blessed and the traditional blessings used in Theravadan Buddhist loving-kindness, compassion, sympathetic joy, and equanimity practices. These practices are designed to foster universal, non-discriminating good will toward all beings.