

Reflection on Universal Well-being

Ahāṃ sukḥito hōmi

May I be happy

Niddukkho hōmi

May I be free from stress and suffering

Avero hōmi

May I abide in kindness, free from animosity

Abyāpajjho hōmi

May I abide in compassion, free from ill-will

Anīgho hōmi

May I abide with an untroubled heart, free from anxiety

Sukhī attānaṃ pariharāmi

May I maintain my ease and well-being

Sabbe ṣattā sukhitā hontu

May all living beings be happy

Sabbe ṣattā averā hontu

May all living beings abide in kindness, free from animosity

Sabbe ṣattā abyāpajjhā hontu

May all living beings abide in compassion, free from ill-will

Sabbe sattā anīghā hontu

May all living beings abide with an untroubled heart, free from anxiety

Sabbe sattā sukhī attānaṃ pariharantu

May all living beings maintain their ease and well-being

Sabbe sattā sabbadukkhā pamuccantu

May all living beings be free from all forms of suffering

Sabbe sattā laddha-sampattito mā vigacchāntu

May all living beings not be separated from their own goodness

Sabbe sattā kammaṣakā kammādāyādā

All living beings are the owners of their actions, are heir to their actions,

Kammāyonī kammabandhū kammaṇṇisaṇṇā

Are born through their actions, related through their actions, supported by their actions

Yaṃ kammaṃ karissanti kalyāṇaṃ vā pāpakaṃ vā

Whatever they do for good or for ill

Tassa dāyādā bhavissanti

To that they will fall heir