

## 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 sattā sukhitā hontu

*May all living beings be happy*

Sabbe sattā averā hontu

*May all living beings abide in kindness, free from animosity*

Sabbe sattā 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 kammadāyādā**

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

**Kammāyonī kammabandhū kammaṇṇisaṇā**

*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*