

Brahama Vihara Meditation - Four Divine Dwellings

May I be free from anger;
May I free from ill will;
May I be free from jealousy;
May I be happy with wealth;
May I be happy with long life;
May I be happy with beauty;
May I be happy with health;
May I be happy with power;
May I be free from mental suffering;
May I be free from physical suffering;
May whatever I have gained, not be lost;
May no harm befall me;
May I live in peace;
I am the owner of my own kamma.
(kamma: good and bad results of actions done by body, speech and mind)

May all beings in this monastery be free from anger;
May they be free from ill will;
May they be free from jealousy;
May they be happy with wealth;
May they be happy with long life;
May they be happy with beauty;
May they be happy with health;
May they be happy with power;
May they be free from mental suffering;
May they be free from physical suffering;
May whatever they have gained, not be lost;
May no harm befall them; May all beings in this monastery live in peace;
All beings in this monastery are owners of their kamma.

May all beings in this city be free from anger;
May they be free from ill will;
May they be free from jealousy;
May they be happy with wealth;
May they be happy with long life;
May they be happy with beauty;
May they be happy with health;
May they be happy with power;
May they be free from mental suffering;
May they be free from physical suffering;
May whatever they have gained, not be lost;
May no harm befall them;
May they live in peace;
All beings in this city are owners of their kamma.

May all beings in this province be free from anger;
May they free from ill will;
May they be free from jealousy;
May they be happy with wealth;
May they be happy with long life;
May they be happy with beauty;
May they be happy with health;
May they be happy with power;
May they be free from mental suffering;
May they be free from physical suffering;
May whatever they have gained, not be lost;
May no harm befall them;
May they live in peace;
All beings in this province are owners of their kamma.

May all beings in this country be free from anger;
May they free from ill will;
May they be free from jealousy;
May they be happy with wealth;
May they be happy with long life;
May they be happy with beauty;
May they be happy with health;
May they be happy with power;
May they be free from mental suffering;
May they be free from physical suffering;
May whatever they have gained, not be lost;
May no harm befall them;
May they live in peace;
All beings in this country are owners of their kamma.

May all beings in this world be free from anger;
May they be free from ill will;
May they be free from jealousy;
May they be happy with wealth;
May they be happy with long life;
May they be happy with beauty;
May they be happy with health;
May they be happy with power;
May they be free from mental suffering;
May they be free from physical suffering;
May whatever they have gained, not be lost;
May no harm befall them;
May them live in peace;
All beings in this world are the owners of their kamma.

May all beings be free from anger;
May they be free from ill will;
May they be free from jealousy;
May they be happy with wealth;
May they be happy with long life;
May they be happy with beauty;
May they be happy with health;
May they be happy with power;
May they be free from mental suffering;
May they be free from physical suffering;
May whatever they have gained, not be lost;
May no harm befall them;
May they live in peace;
All beings are owners of their kamma.

Sādhu! Sādhu! Sādhu!