

Metta - Universal Loving-Kindness Meditation

May I be well, happy and peaceful

May no harm come to me

May no difficulties come to me

May no problems come to me

May I always meet with success

May I also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

May my parents be well, happy and peaceful

May no harm come to them

May no difficulties come to them

May no problems come to them

May they always meet with success

May they also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

May my teachers be well, happy and peaceful

May no harm come to them

May no difficulties come to them

May no problems come to them

May they always meet with success

May they also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

May my relatives be well, happy and peaceful

May no harm come to them

May no difficulties come to them

May no problems come to them

May they always meet with success

May they also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

Metta - Universal Loving-Kindness Meditation

May my friends be well, happy and peaceful

May no harm come to them

May no difficulties come to them

May no problems come to them

May they always meet with success

May they also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

May all indifferent persons be well, happy and peaceful

May no harm come to them

May no difficulties come to them

May no problems come to them

May they always meet with success

May they also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

May my enemies be well, happy and peaceful

May no harm come to them

May no difficulties come to them

May no problems come to them

May they always meet with success

May they also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

May all living beings be well, happy and peaceful

May no harm come to them

May no difficulties come to them

May no problems come to them

May they always meet with success

May they also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

Jūseige (重誓偈)

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Ga gon chō se gan
His-shi mu jō dō
Shi gan fu man zoku
Sei fu jō shō gaku

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Ga o mu ryō kō
Fu i dai se shu
Fu sai sho bin gu
Sei fu jō shō gaku

Ga shi jō butsu dō
Myō shō chō jip-pō
Ku kyō mi sho mon
Sei fu jō shō gaku

Ri yoku jin shō nen
Jō e shu bon gyō
Shi gu mu jō dō
I sho ten nin shi

Jin riki en dai kō
Fu shō mu sai do
Shō jo san ku myō
Kō sai shu yaku nan

Kai hi chi e gen
Mes-shi kon mō an
Hei soku sho aku dō
Tsū datsu zen shu mon

Ko so jō man zoku
I yō rō jip-pō
Nichi gatsu shū jū ki
Ten kō on fu gen ↑

I shu kai hō zō
Kō se ku doku hō
Jō o dai shu chū
Sep-pō shi shi ku

Ku yō is-sai butsu
Gu soku shu toku hon
Gan-ne shitsu jō man
Toku i san gai o

Nyo butsu mu ge chi
Tsū datsu mi fu shō
Gan ga ku e riki
Tō shi sai shō son

Shi gan nyak-kok-ka
Dai sen ō kan dō
Ko kū sho ten nin
Tō u chin myō ke ○

Na man da bu ○
Na man da bu
Na man da bu
Na man da bu
Na man da bu
Na man da bu ○

Gan ni shi ku doku
Byō dō se is-sai
Dō ho'n bo dai shin
Ō jō an rak-koku

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