

Karaṇīya Mettā Sutta 卡拉尼亚 梅达 素它 DISCOURSE ON LOVING-KINDNESS TO BE DONE 应行慈爱经¹

1. Karaṇīyam-attha-kusalena,
yantaṃ santaṃ padaṃ abhisamecca:
Sakko ujū ca sūjū ca,
suvaco c'assa mudu anatimānī;
卡拉尼样 马他 谷沙类拿
洋当 山当 把当 阿比 沙咪渣
洒枯 屋租 渣 苏租 渣
苏哇凑 渣沙 木睹 阿那地妈尼

This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads to] peace; he would be able, upright, very upright, easy to admonish and not arrogant.

善于谋求福利者应当做的事情是：了知寂静的境界之后，贤能、正直与诚实，及顺从、柔和、不骄傲；
2. Santussako ca subharo ca,
appa-kicco ca sallahuka-vutti,
Santindriyo ca nipako ca,
appagabbho kulesu ananugiddho.
山土沙柯 渣 苏怕咯 渣
阿爸起凑 渣 沙拉户卡误地
山丁弟力哟 渣 尼把柯 渣
阿爸咖坡 谷类苏 阿拿怒起哆

Contented and easy to support, of few duties and living frugally; [with] calm faculties and prudent, not obtrusive [to and] greedy [for gains from supporting] families.

知足与令人容易护持，少事务与节俭，摄护诸根与明智，不鲁莽与不贪着家族；
3. Na ca khuddaṃ samācare kiñci,
yena viññū pare upavadeyyuṃ.
Sukhino vā khemino hontu,
sabbe sattā bhavantu sukhittā.
拿 渣 枯汤 沙妈渣类 今基
夜拿 温乳 把类 屋把哇爹用
苏起诺 哇 K咪诺 焊吐
洒别 萨他 八弯土 苏起打他

He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.

只要是智者将会指责的事，即使是小事他也不做；（愿一切众生）幸福与平安，愿一切众生安乐；

¹ Kh.9 and Sn.1:8 (verses 143–152).

4. Ye keci pāṇa-bhūt'atthi,
tasā vā thāvarā vā anavasesā,
Dīghā vā ye mahantā vā,
majjhimā rassakā aṇukathulā;
夜 给鸡 把拿 普打梯
打沙 哇 他哇拉 哇 阿拿哇谢沙
低卡 哇 夜 马汉他 哇
马计妈 拉沙卡 阿努卡涂拉
- Whatever living beings there are,
feeble or strong, [all] without exception;
those long, great, medium,
short, small or large.*
凡是有任何众生，动摇的或不动摇
的包括无遗，长的或大的，中的、
短的、细的或粗的，
5. Diṭṭhā vā ye'va adiṭṭhā,
ye ca dūre vasanti avidūre,
Bhūtā vā sambhavesī vā,
sabbe sattā bhavantu sukhittā.
地他 哇 夜哇 阿弟他
夜 渣 毒类 哇山滴 阿威毒类
普他 哇 上把为西 哇
洒别 萨他 八弯杜 苏起打他
- Those seen or not seen,
and living far or nearby;
born or seeking birth,
may all beings be in a state of happiness.*
被见到的或不被见到的，住在远方
或近处的，已经投生的或还要投生
的，愿一切众生安乐；
6. Na paro paramṃ nikubbetha,
nātimaññetha katthaci naṃ kañci;
Byārosanā paṭigha-saññā,
nāññamaññassa dukkham·iccheyya.
拿 把罗 把朗 尼姑别他
拿滴慢夜他 卡他起 囊 干起
比牙罗沙拿 把滴卡山呀
那呀慢呀沙 毒卡米借牙
- One would not deceive another, [nor]
despise them anywhere [about] anything;
[out of] anger or aversion, would not wish
suffering for each other.*
不要有众生欺骗其它众生，不要在
任何地方轻视任何众生，不要透过
愤怒与厌恶想而互相希望对方受苦
；
7. Mātā yathā niyaṃ puttāṃ,
āyusā eka-puttam·anurakkhe;
Evam'pi sabba-bhūtesu,
mānasā bhāvaye aparimāṇāṃ.
妈他 牙他 尼洋 不汤
阿有沙 A卡 不他马拉 K
A 汪比 洒巴 普贴苏
妈拿上 怕哇夜 阿爸力妈囊
- Just as a mother for her son, [her] only son,
would protect [him] with her life; thus, also,
towards all beings, would develop the mind
without limit.*
正如母亲对待自己的儿子那样，会
以生命来保护唯一的儿子；应当如
此对一切众生培育无量的心，

8. Mettañ-ca sabba-lokasmīh,
mānasam bhāvaye aparimāṇam,
Uddham adho ca tiriyañ-ca,
asambādham averam asapattam.
咪但 渣 洒巴 罗卡西命
妈拿上 怕哇夜 阿爸力妈囊
屋汤 阿赌 渣 弟力洋渣
阿上爸档 阿为浪 阿沙把汤

With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.

及应当以慈爱对全世界培育无量的心，上方、下方与周围，无障碍、无仇人、无敌对；

9. Tiṭṭhañ-caram nisinno vā,
sayāno vā yāvat'assa vigata-middho,
Etam satim adhiṭṭheyya,
brahman-etaṃ vihāram idha-m-āhu.
滴汤 渣浪 尼吸诺 哇
沙牙诺 哇 呀哇打沙 为卡打 米哆
A 当 沙丁 阿替贴呀
巴拉马咪当 V 哈囊 移大妈户

While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.

站立、行走、坐着或躺卧，只要不是在睡眠中，都应当决心保持如此的正念——这就是他们在此所说的梵住；

10. Diṭṭhiñ-ca anupagamma,
sīlavā dassanena sampanno,
Kāmesu vineyya gedham,
na hi jātu gabbha-seyyam puna-r-etī'ti.
滴顶 渣 阿奴把柑马
西拉哇 打沙内那 三般若
卡咪苏 为尼呀 给当
那 嘻 甲吐 卡把 谢洋 不拿类弟弟

Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.

以及不执取邪见，戒行良好，具足澈见，去除对欲乐的贪爱之后，确定不再来投胎。

Etena sacca-vajjena —
sotthi te hotu sabbadā.
A 贴那 萨擦 瓦 J 那
艘提 T 火图 萨把达

By this speaking of truth, may there be well-being for you always.

借着这真实的话语，愿你时常得到安乐；

Etena sacca-vajjena —
sabba-rogo vinassatu.
A 贴那 萨擦 瓦 J 那
萨把 咯古 V 那萨图

By this speaking of truth, may all [of your] diseases disappear.

借着这真实的话语，愿一切的疾病消失；

Etena sacca-vajjena —
hotu te jaya-maṅgalam.
A 贴那 萨擦 瓦 J 那
火图 T 加亚忙咖浪

By this speaking of truth, may there be the blessings of triumph for you.

借着这真实的话语，愿你得到吉祥胜利。