

慈经 METTA

AHAM AVERA HOMI ABYAPAJJHO HOMI ANIGHO HOMI SUKHI-ATTANAM PARIHARAMI
MAMA MATAPITU ACARIYA CA NATIMITTA CA SABRAHMA-CARINO CA
AVERA HONTU AHYAPAJJHA HONTU ANIGHA HONTU SUKHI-ATTANAM PARIHARANTU
IMASMIN ARAME SABBE YOGINO AVERA HONTU ABYAPAJJHA HONTU
ANIGHA HONTU SUKHI-ATTANAM PARIHARANTU
IMASMIM ARAME SABBE BHIKKHU SAMANERA CA UPASAKA-UPASIKAYO CA
AVERA HONTU AHYAPAJJHA HONTU ANIGHA HONTU SUKHI-ATTANAM PARIHARANTU
AMHAKAM CATUPACCAYADAYAKA
AVERA HONTU ABYAPAJJHA HONTU ANIGHA HONTU SUKHI-ATTANAM PARIHARANTU
AMHAKAM ARAKKHA DEVALA IMASMIN VIHARE IMASMIN AVASE IMASMIN ARAME
ARAKKHA DEVATA
AVERA HONTU ABYAPAJJHA HONTU ANIGHA HONTU SUKHI-ATTANAM PARIHARANTU
SABBE SATTI SABBE PANA SABBE BHUTA SABBE PUGALA
SABBE ATTABHAVA PARIYAPANNA
SABBA ITTHIYO SABBE PURISA SABBE ARIYA SABBE ANARIYA
SABBE DEVA SABBE MANUSSA SABBE VINIPATIKA
AVERA HONTU ABYAPAJJHA HONTU ANIGHA HONTU SUKHI-ATTANAM PARIHARANTU
DUKKHU MUCCANTU YATHA-LADDHA-SAMPATTITO MAVIGACCHANTU KAMMASSAKA
PURATTHIMAYA DISAYA PACCHIMAYA DISAYA UTTARAYA DISAYA
DAKKHINAYA DISAYA PURATTHIMAYA ANUDISAYA PACCHIMAYA ANUDISAYA
UTTARAYA ANUDISAYA DAKKHINAYA ANUDISAYA
HETTHIMAYA DISAYA UPARIMAYA DISAYA
SABBE SATTI SABBE PANA SABBE BHUTA SABBE PUGALA
SABBE ATTABHAVA PARIYAPANNA
SABBA ITTHIYO SABBE PURISA SABBE ARIYA SABBE ANARIYA
SABBE DEVA SABBE MANUSSA SABBE VINIPATIKA
AVERA HONTU AHYAPAJJHA HONTU ANIGHA HONTU SUKHI-ATTANAM PARIHARANTU
DUKKHA MUCCANTU YATHA-LADDHA-SAMPATTITO MAVIGACCHANTU KAMMASSAKA
UDDHAM YAVA BHAVAGGA CA ADHO YAVA AVICCITO SAMANTA CAKKAVALESU
YE SATTI PATHAYICARA ABYAPAJJHA NIVERA CA NIDUKKHA CA NUPADAVA
UDDHAM YAVA BHAVAGGA CA ADHO YAVA AVICCITO SMANTA CAKKAVALESU
YE SATTI UDAKECARA ABYAPAJJHA NIVERA CA NIDUKKHA CA NUPADAVA
UDDHAM YAVA BHAVAGGA CA ADHO YAVA AVICCITO SAMANTA CAKKAVALESU
YE SATTI PATHAYICARA ABYAPAJJHA NIVERA CA NIDUKKHA CA NUPADAVA