

WAT PA BUDDHARANGSEE

Metta Chanting

Leumeah, Australia

2006

Mettā Chanting

Ahaṃ avero homi.

May I be free from enmity and danger.
愿我无敌意、无危险。

Abyāpajjho homi.

May I be free from mental suffering.
愿我无精神的痛苦。

Anīgho homi.

May I be free from physical suffering.
愿我无身体的痛苦。

Sukhī-attānaṃ pariharāmi.

May I take care of myself happily.
愿我保持快乐。

Mama mātāpitu

May my parents
愿我的父母亲

ācariyā ca ñātimitā ca

teachers, relatives and friends
我的导师、亲戚和朋友

sabrahma-cārino ca

fellow Dhammafarrers
我的同修

averā hontu

be free from enmity and danger
无敌意、无危险

abyāpajjhā hontu

be free from mental suffering
无精神的痛苦

anīghā hontu

be free from physical suffering
无身体的痛苦

sukhī-attānaṃ pariharantu.

May they take care of themselves happily.
愿他们保持快乐。

Imasmim ārāme sabbe yogino

May all yogis in this compound
愿在这寺庙的所有修禅者

averā hontu

be free from enmity and danger
无敌意、无危险

abyāpajjhā hontu

be free from mental suffering
无精神的痛苦

anīghā hontu

be free from physical suffering
无身体的痛苦

sukhī-attānaṃ pariharantu.

May they take care of themselves happily.
愿他们保持快乐。

Imasmim ārāme sabbe bhikkhu

May all monks in this compound
愿在这寺庙的所有比丘

sāmaṇerā ca

novice monks
沙弥

upāsaka-upāsikāyo ca

laymen and laywomen disciples
男教徒、女教徒

averā hontu

be free from enmity and danger
无敌意、无危险

abyāpajjhā hontu

be free from mental suffering
无精神的痛苦

anīghā hontu

be free from physical suffering
无身体的痛苦

sukhī-attānaṃ pariharantu.

May they take care of themselves happily.
愿他们保持快乐。

Amhākaṃ catupaccaya-dāyakā

May our donors of the four supports (robes, food, medicine and lodging)
愿我们四资具的布施主

averā hontu

be free from enmity and danger

无敌意、无危险

abyāpajjhā hontu

be free from mental suffering
无精神的痛苦

anīghā hontu

be free from physical suffering
无身体的痛苦

sukhī-attānaṃ pariharantu.

May they take care of themselves happily.
愿他们保持快乐。

Ambhākaṃ ārakkha devatā

May our guardian devas
愿我们的护法神

īmasmiṃ vihāre

in this monastery
在这寺庙的

īmasmiṃ āvāse

in this dwelling
在这住所的

īmasmiṃ ārāme

in this compound
在这范围的

ārakkha devatā

may the guardian devas
愿所有的护法神

averā hontu

be free from enmity and danger
无敌意、无危险

abyāpajjhā hontu

be free from mental suffering
无精神的痛苦

anīghā hontu

be free from physical suffering
无身体的痛苦

sukhī-attānaṃ pariharantu.

May they take care of themselves happily.
愿他们保持快乐。

Sabbe sattā

May all beings
愿一切有情众生

sabbe pāṇā

all breathing things
一切能呼吸的众生

sabbe bhūtā

all creatures
一切生物

sabbe puggalā

all individuals (it means all beings, too)
每一个人(也是所有众生的含义)

sabbe attabhāva-pariyāpannā

all personalities (it means all beings with mind and body)
一切有个性的人(一切有身心的生物之含义)

[Each of the five groups mentioned above means all beings; they are just put
in different terms.]

[以上五组都是指众生。]

sabbā itthiyo

may all females
所有雌性的

sabbe purisā

all males
所有雄性的

sabbe ariyā

all noble ones (saints)
所有圣者

sabbe anariyā

all worldlings (i.e. those who have not attained sainthood)
所有非圣者

sabbe devā

all deities
所有天神

sabbe manussā

all humans
所有人类

sabbe vinipātikā

all those in the four woeful planes
所有墮入苦途的众生

averā hontu

be free from enmity and danger
无敌意、无危险

abyāpajjhā hontu

be free from mental suffering
无精神的痛苦

anīghā hontu

be free from physical suffering
无身体的痛苦

sukhī-attānaṃ pariharantu.

May they take care of themselves happily.
愿他们保持快乐。

Dukkhā muccantu.

May all beings be free from suffering.
愿一切众生脱离痛苦。

Yathā-laddha-sampattito māvigacchantu.

May whatever they have gained not be lost.
愿他们以正当途径所获取的财产不失去。

Kammasakā.

All beings are owners of their kamma.
以己业为资产。

[The above three lines are the contemplation on the remaining three brahmavihāras of karuṇā (compassion), muditā (appreciative joy), and upekkhā (equanimity) respectively.]

[以上三行是回想四梵住中的其余三个梵住—悲、喜、舍。]

Puratthimāya disāya

In the eastern direction
在东方的

pacchimāya disāya

in the western direction
在西方的

uttarāya disāya

in the northern direction
在北方的

dakkhināya disāya

in the southern direction
在南方的

puratthimāya anudisāya
in the south-east direction
在东南方的

pacchimāya anudisāya
in the north-west direction
在西北方的

uttarāya anudisāya
in the north-east direction
在东北方的

dakkhināya anudisāya
in the south-west direction
在西南方的

hetthimāya disāya
in the direction below
在下方的

uparimāya disāya
in the direction above
在上方的

sabbe sattā
may all beings
一切有情众生

sabbe pāṇā
all breathing things
一切能呼吸的众生

sabbe bhūtā
all creatures
一切生物

sabbe puggalā
all individuals
每一个人

sabbe attabhāva-pariyāpannā
all personalities
一切有个性的人

sabbā itthiyo
all females

所有雌性的

sabbe purisā

all males

所有雄性的

sabbe ariyā

all noble ones (saints)

所有圣者

sabbe anariyā

all worldlings (i.e. those who have not attained sainthood)

所有非圣者

sabbe devā

all deities

所有天神

sabbe manussā

all humans

所有人类

sabbe vinipātikā

all those in the four woeful planes

所有堕入苦途的众生

averā hontu

be free from enmity and danger

愿他们无敌意、无危险

abyāpajjhā hontu

be free from mental suffering

无精神的痛苦

anīghā hontu

be free from physical suffering

无身体的痛苦

sukhī-attānaṃ pariharantu.

May they take care of themselves happily.

愿他们保持快乐。

Dukkhā muccantu.

May all beings be free from suffering.

愿他们脱离痛苦。

Yathā-laddha-sampattito māvigacchantu.

May whatever they have gained not be lost.

愿以正当途径所获取的财产不失去。

Kammassakā.

All beings are owners of their kamma.
以己业为资产。

Uddham yāva bhavaggā ca

As far as the highest plane of existence
上至最高的天众

adho yāva avīcito

to as far down as the lowest plane
下至无间地狱

samantā cakkavāḷesu

in the entire universe
在整个宇宙里面

ye sattā pathavīcarā

whatever beings that move on earth
所有在地上生活的众生

abyāpajjhā niverā ca

may they be free from mental suffering and enmity
愿他们无精神的痛苦、无敌意

niddukkhā ca nupaddavā.

and from physical suffering and danger.
愿他们无身体的痛苦、无危险。

Uddham yāva bhavaggā ca

As far as the highest plane of existence
上至最高的天众

adho yāva avīcito

to as far down as the lowest plane
下至无间地狱

samantā cakkavāḷesu

in the entire universe
在整个宇宙里面

ye sattā udakecarā

whatever beings that move on water
所有在水中生活的众生

abyāpajjhā niverā ca

may they be free from mental suffering and enmity
愿他们无精神的痛苦、无敌意

niddukkhā ca nupaddavā.

and from physical suffering and danger.

愿他们无身体的痛苦、无危险。

Uddham yāva bhavaggā ca

As far as the highest plane of existence
上至最高的天众

adho yāva avīcito

to as far down as the lowest plane
下至无间地狱

samantā cakkavāḷesu

in the entire universe
在整个宇宙里面

ye sattā ākāsecarā

whatever beings that move in air
所有在空中生活的众生

abyāpajjhā niverā ca

may they be free from mental suffering and enmity
愿他们无精神的痛苦、无敌意

niddukkhā ca nupaddavā.

and from physical suffering and danger.
愿他们无身体的痛苦、无危险。