

The Chant of Metta (Loving-kindness 慈經)

Aham avero homi

May I be free from enmity and danger 願我無敵意、無危險。

abyapajjho homi

May I be free from mental suffering 願我無精神的痛苦。

anigha homi

May I be free from physical suffering 願我無身體的痛苦。

sukhi - attanam pariharami

May I take care of myself happily 願我保持快樂。

Mama matapitu

May my parents 願我的父母親，

acariya ca natimitta ca

teacher relatives and friends 我的導師、親戚和朋友，

sabrahma - carino ca

fellow Dhamma farers 我的同修，

avera hontu

be free from enmity and danger 無敵意、無危險。

abyapajjha hontu

be free from mental suffering 無精神的痛苦。

anigha hontu

be free from physical suffering 無身體的痛苦。

sukhi - attanam pariharantu

may they take care of themselves happily 願他們保持快樂。

Imasmim arame sabbe yogino

May all meditators in this compound 願在這寺廟的修行者，

avera hontu

be free from enmity and danger 無敵意、無危險。

abyapajjha hontu

be free from mental suffering 無精神的痛苦。

anigha hontu

be free from physical suffering 無身體的痛苦。

sukhi - attanam pariharantu

May they take care of themselves happily 願他們保持快樂。

Imasmim arame sabbe bhikkhu

May all monks in this compound 願在這寺廟的比丘、

samanera ca

novice monks 沙彌，

upasaka - upasikaya ca

laymen and laywomen disciples 男教徒、女教徒，

avera hontu

be free from enmity and danger 無敵意、無危險。

abyapajjha hontu

be free from mental suffering 無精神的痛苦。

anigha hontu

be free from physical suffering 無身體的痛苦。

sukhi - attanam pariharantu

May they take care of themselves happily 願他們保持快樂。

Amhakam catupaccaya - dayaka

May our donors of the four supports: clothing, food, medicine and lodging

願我的四資具的布施主，無敵意、無危險。

avera hontu

be free from enmity and danger 無敵意、無危險。

abyapajjha hontu

be free from mental suffering 無精神的痛苦。

anigha hontu

be free from physical suffering 無身體的痛苦。

sukhi - attanam pariharantu

May they take care of themselves happily 願他們保持快樂。

Amhakam arakkha devata

May our guardian devas 願我的護法神：

Ismasmim vihare

in this monastery 在這寺廟的、

Ismasmim avase

in this dwelling 在這住所的、

Ismasmim arame

in this compound 在這範圍的

arakkha devata

May the guardian devas 所有的護法神，

avera hontu

be free from enmity and danger 無敵意、無危險。

abyapajjha hontu

be free from mental suffering 無精神的痛苦。

anigha hontu

be free from physical suffering 無身體的痛苦。

sukhi - attanam pariharantu

may they take care of themselves happily 願他們保持快樂。

Sabbe satta

May all beings 願一切有情眾生：

sabbe pana

all breathing things 一切活著的、

sabbe bhutta

all creatures 一切有形體的，

sabbe puggala

all individuals (all beings) 一切有名相的、

sabbe attabhava - pariyapanna

all personalities (all beings with mind and body) 一切有身軀的，

sabbe itthoyo

may all females 一切雌性的、

sabbe purisa

all males 一切雄性的眾生、

sabbe ariya

all noble ones (saints) 所有聖者、

sabbe anariya

all worldlings (those yet to attain sainthood) 所有非聖者、

sabbe deva

all devas (deities) 所有天神、

sabbe manussa

all humans 所有人類、

sabbe vinipatika

all those in the four woeful planes 所有苦道中的眾生、

avera hontu

be free from enmity and dangers 無敵意、無危險。

abyapajjha hontu

be free from mental suffering 無精神的痛苦。

anigha hontu

be free from physical suffering 無身體的痛苦。

sukhi - attanam pariharantu

may they take care of themselves happily 願他們保持快樂。

Dukkha muccantu

May all being be free from suffering 願一切眾生脫離痛苦。

Yattha-laddha-sampattito mavigacchantu

May whatever they have gained not be lost

願他們不失去正當途徑所獲得的一切，

Kammassaka

All beings are owners of their own Kamma

願他們依據個人所造的因果而受生。

Purathimaya disaya

in the eastern direction 在東方的，

pacchimaya disaya

in the western direction 在西方的，

uttara disaya

in the northern direction 在北方的，

dakkhinaya disaya

in the southern direction 在南方的，

purathimaya anudisaya

in the southeast direction 在東北方的，

pacchimaya anudisaya

in the northwest direction 在西北方的，

uttara anudisaya

in the northeast direction 在東南方的，

dakkhinaya anudisaya

in the southwest direction 在西南方的，

hetthimaya disaya

in the direction below 在下方的，

uparimaya disaya

in the direction above 在上方的，

Sabbe satta

May all beings 願一切有情眾生：

sabbe pana

all breathing things 一切活著的、

sabbe bhutta

all creatures 一切有形體的，

sabbe puggala

all individuals (all beings) 一切有名相的、

sabbe attabhava - pariyapanna

all personalities (all beings with mind and body) 一切有身軀的，

sabbe itthoyo

may all females 所有雌性的、

sabbe purisa

all males 所有雄性的眾生，

sabbe ariya

all noble ones (saints) 所有聖者、

sabbe anariya

(those yet to attain sainthood) 所有非聖者，

sabbe deva

all devas (deities) 所有天神、

sabbe manussa

all humans 所有人類，

sabbe vinipatika

all those in the 4 woeful planes 所有苦道中的眾生，

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May whatever they have gained not be lost

願他們不失去正當途徑所獲得的一切，

Kammassaka

All beings are owners of their own kamma

願他們依據個人所造的因果而受生。

Uddham yava bhavagga ca

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

adho yava aviccito

to as far down as the lowest plane 下至苦道眾生；

samanta cakkavalesu

in the entire universe 在三界的眾生，

ye satta pathavicara

whatever beings that move on earth

所有在陸地上生存的眾生，

abyapajjha nivera ca

may they are free of mental suffering and enmity

願他們無精神的痛苦、無敵意。

nidukkha ca nupaddava

and from physical suffering and danger

願他們無身體的痛苦、無危險。

Uddham yava bhavagga ca

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

adho yava aviccito

to as far down as the lowest plane 下至苦道眾生；

samanta cakkavalesu

in the entire universe 在三界的眾生，

ye satta udukecara

whatever beings that move on water 所有在水裡生存的眾生，

abyapajjha nivera ca

may they are free of mental suffering and enmity

願他們無精神的痛苦、無敵意。

nidukkha ca nupaddava

and from physical suffering and danger

願他們無身體的痛苦、無危險。

Uddham yava bhavagga ca

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

adho yava aviccito

to as far down as the lowest plane 下至苦道眾生；

samanta cakkavalesu

in the entire universe 在三界的眾生，

ye satta akasecara

whatever beings that move in air 所有在天上生存的眾生，

abyapajjha nivera ca

may they are free of mental suffering and enmity

願他們無精神的痛苦、無敵意。

nidukkha ca nupaddava

and from physical suffering and danger.

願他們無身體的痛苦、無危險。