

Loving-kindness
Mettābrahmavihārabhāvanā
(Pali)

Evamme sutam ekam समयam bhagavā sāvattiyam viharati jetavane anāthapindhikassa ārāme tatra kho bhagavā bhikkhū āmantesi bhikkhavoti bhadanteti te bhikkhū bhagavato paccassosum bhagavā etadavoca.

Mettāya bhikkhave cetovimuttiyā āsevitāya bhāvitāya phahulīkatāya yānīkatāya vatthukatāya anutthitāya paricitāya susamāratdhāya ekādasānisamsā pātikamkhā, katame ekādasā, sukham supati, sukham patibujjati, na pāpakam supinam passati, manussānam piyo hoti, amanussānam piyo hoti, devatā rakkhanti, nāssa aggi vā visam vā sattham vā kamati, tuvataṃ cittam samādhīyati, mukhavanno vipassīdati, asammulaho kālam karoti, uttarim appativijjhanto brahmalokūpago hoti.

Mettāya bhikkhave cetovimuttiyā āsevitāya bhāvitāya phahulīkatāya yānīkatāya vatthukatāya anutthitāya paricitāya susamāradhāya ime ekādasānisamsā pātikamkhā.

Atthi anodiso pharanā mettācetovimutti, atthi odiso pharanā mettācetovimutti, atthi disā pharanā mettācetovimutti.

Katīhākārehi anodiso pharanā mettācetovimutti, katīhākārehi odiso pharanā mettācetovimutti, katīhākārehi disā pharanā mettācetovimutti.

Pancahākārehi anodiso pharanā mettācetovimutti, sattahākārehi odiso pharanā mettācetovimutti, dasahākārehi disā pharanā mettācetovimutti.

Katamehi Pancahākārehi anodiso pharanā mettācetovimutti.
Sabbe **sattā** averā, abyāpajjhā, anīghā, sukhī attanam pariharantu.
Sabbe **panā** averā, abyāpajjhā, anīghā, sukhī attanam pariharantu.
Sabbe **bhutā** averā, abyāpajjhā, anīghā, sukhī attanam pariharantu.
Sabbe **puggalā** averā, abyāpajjhā, anīghā, sukhī attanam pariharantu.
Sabbe **attabhāva-pariyāpannā** averā, abyāpajjhā, anīghā, sukhī attanam pariharantūti.

Imehi pancahākārehi anodiso pharanā mettācetovimutti.

Katamehi Satahākārehi odiso pharanā mettācetovimutti.
Sabbā **itthiyo** averā, abyāpajjhā, anīghā, sukhī attanam pariharantu.
Sabbe **purisā** averā, abyāpajjhā, anīghā, sukhī attanam pariharantu.
Sabbe **ariyā** averā hontu, abyāpajjhā hontu, anīghā hontu, sukhī attanam pariharantu.

Sabbe **anariyā** averā, abyāpajjhā, anīghā, sukhī attanam pariharantu.

Sabbe **devā** averā, abyāpajjhā, anīghā, sukhī attanam pariharantu.

Sabbe **manussā** averā, abyāpajjhā, anīghā, sukhī attanam pariharantu.

Sabbe vinipātikā averā, abyāpajjhā, anīghā, sukhī attanam pariharantūti.

Emehi Satahākārehi odiso pharanā mettācetovimutti.

Katamehi Dasahākārehi disā pharanā mettācetovimutti.

[The first kind of person(s)]

Sabbe puratthimāya disāya sattā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe pacchimāya disāya sattā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uttarāya disāya sattā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe dakkhināya disāya sattā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe puratthimāya anudisāya sattā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe pacchimāya anudisāya sattā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uttarāya anudisāya sattā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe dakkhināya anudisāya sattā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe hetthimāya disāya sattā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uparimāya disāya sattā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

[The second kind of person(s)]

Sabbe puratthimāya disāya panā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe pacchimāya disāya panā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uttarāya disāya panā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe dakkhināya disāya panā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe puratthimāya anudisāya panā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe pacchimāya anudisāya panā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uttarāya anudisāya panā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe dakkhināya anudisāya panā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe hetthimāya disāya panā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uparimāya disāya panā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

[The third kinds of person(s)]

Sabbe puratthimāya disāya bhutā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya disāya bhutā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya disāya bhutā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe dakkhināya disāya bhutā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe puratthimāya anudisāya bhutā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya anudisāya bhutā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya anudisāya bhutā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe dakkhināya anudisāya bhutā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe hetthimāya disāya bhutā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uparimāya disāya bhutā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

[The fourth kinds of person(s)]

Sabbe puratthimāya disāya puggalā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya disāya puggalā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya disāya puggalā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe dakkhināya disāya puggalā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe puratthimāya anudisāya puggalā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya anudisāya puggalā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya anudisāya puggalā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe dakkhināya anudisāya puggalā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe hetthimāya disāya puggalā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uparimāya disāya puggalā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

[The fifth kinds of person(s)]

Sabbe puratthimāya disāya attabhāva-pariyāpannā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe pacchimāya disāya attabhāva-pariyāpannā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uttarāya disāya attabhāva-pariyāpannā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe dakkhināya disāya attabhāva-pariyāpannā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe puratthimāya anudisāya attabhāva-pariyāpannā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe pacchimāya anudisāya attabhāva-pariyāpannā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uttarāya anudisāya attabhāva-pariyāpannā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe dakkhināya anudisāya attabhāva-pariyāpannā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe hetthimāya disāya attabhāva-pariyāpannā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uparimāya disāya attabhāva-pariyāpannā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

[The sixth kinds of person(s)]

Sabbā puratthimāya disāya itthiyo, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbā pacchimāya disāya itthiyo, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbā uttarāya disāya itthiyo, itthiyo averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbā dakkhināya disāya itthiyo, itthiyo averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbā puratthimāya anudisāya itthiyo, averā, abyāpa anighā, sukhī attanam pariharantu.

Sabbā pacchimāya anudisāya itthiyo, averā, abyāpajjhā, anighā,

sukhī attanam pariharantu.

Sabbā uttarāya anudisāya itthiyo, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbā dakkhināya anudisāya itthiyo, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbā hetthimāya disāya itthiyo, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbā uparimāya disāya purisa, itthiyo, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

[The seventh kinds of person(s)]

Sabbe puratthimāya disāya purisā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya disāya purisā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya disāya purisā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe dakkhināya disāya purisā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe puratthimāya anudisāya purisā, averā, abyāpa anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya anudisāya purisā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya anudisāya purisā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe dakkhināya anudisāya purisā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe hetthimāya disāya purisā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uparimāya disāya purisā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

[The eighth kinds of person(s)]

Sabbe puratthimāya disāya ariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya disāya ariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya disāya ariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe dakkhināya disāya ariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe puratthimāya anudisāya ariyā, averā, abyāpa anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya anudisāya ariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya anudisāya ariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe dakkhināya anudisāya ariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe hetthimāya disāya ariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uparimāya disāya ariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

[The ninth kinds of person(s)]

Sabbe puratthimāya disāya anariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya disāya anariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya disāya anariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe dakkhināya disāya anariyā, averā, abyāpajjhā, anighā, sukhī
attanam pariharantu.

Sabbe puratthimāya anudisāya ariyā, averā, abyāpa anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya anudisāya anariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya anudisāya anariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe dakkhināya anudisāya anariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe hetthimāya disāya anariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uparimāya disāya anariyā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

[The tenth kinds of person(s)]

Sabbe puratthimāya disāya devā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya disāya devā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya disāya devā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe dakkhināya disāya devā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe puratthimāya anudisāya devā, ariyā, averā, abyāpa anighā, sukhī attanam pariharantu.

Sabbe pacchimāya anudisāya devā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uttarāya anudisāya devā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe dakkhināya anudisāya devā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe hetthimāya disāya devā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uparimāya disāya devā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

[The eleventh kinds of person(s)]

Sabbe puratthimāya disāya manussā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe pacchimāya disāya manussā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uttarāya disāya manussā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe dakkhināya disāya manussā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe puratthimāya anudisāya manussā, ariyā, averā, abyāpa anighā, sukhī attanam pariharantu.

Sabbe pacchimāya anudisāya manussā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uttarāya anudisāya manussā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe dakkhināya anudisāya manussā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe hetthimāya disāya manussā, devā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uparimāya disāya manussā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

[The twelfth kinds of person(s)]

Sabbe puratthimāya disāya vinipatikā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe pacchimāya disāya vinipatikā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe uttarāya disāya vinipatikā, averā, abyāpajjhā, anighā, sukhī attanam pariharantu.

Sabbe dakkhināya disāya vinipatikā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe puratthimāya anudisāya vinipatikā, ariyā, averā, abyāpa anighā,
sukhī attanam pariharantu.

Sabbe pacchimāya anudisāya vinipatikā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uttarāya anudisāya vinipatikā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe dakkhināya anudisāya vinipatikā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe hetthimāya disāya vinipatikā, devā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Sabbe uparimāya disāya vinipatikā, averā, abyāpajjhā, anighā,
sukhī attanam pariharantu.

Imehi dasahākārehi disā pharanā mettācetovimutti.

Sabbesam sattānam pīlanam vajjetavā apīlanāya upaghātam vajjetavā
anupighātena santāpam vajjetavā santāpena pariyādānam vajjetavā
apariyādānena viheham vajjetavā aviheṣāya sabbe sattā averino hontu mā
verino sukhino hontu mā dukkhino sukhittā hontu mā dukkhittāti imehi
atthahākārehi sabbe satte mettāyatīti mettānam dhammam cetayatīti ceto
sabbabhyāpādapariyutthānehi mucatīti vimutti mettā ca cetovimutti cāti
mettācetovimutti.

Mettābrahmavihārabhāvanā nitthitā.