

## Karaṇīyamettasutta – Kinh từ bi

phatgiaonguyenthuy.com [2016-07-04] In trang

**KaraṇīyamatthakusalenaYantaṃ santaṃ padaṃ abhisameccaSakko ujū ca suhujū caSuvaco cassa mudu anātimānī.**

### Tiếng Pali:

Karaṇīyamatthakusalena

Yantaṃ santaṃ padaṃ abhisamecca

Sakko ujū ca suhujū ca

Suvaco cassa mudu anātimānī.

Santussako ca subharo ca

Appakicco ca sallahukavutti

Santindriyo ca nipako ca

Appagabbho kulesu ananugiddho.

Na ca khuddaṃ samācare kiñci

Yena viññū pare upavadeyyuṃ

Sukhino vā khemino hontu

Sabbe sattā bhavantu sukhitattā

Ye keci pāṇabhūtatthi

Tasā vā thāvarā vā anavasesā

Dīghā vā ye mahantā vā

Majjhimā rassakānukathullā.

Diṭṭhā vā ye ca aḍḍitthā

Ye ca dūre vasanti avidūre

Bhūtā vā sambhavesī vā

Sabbe sattā bhavantu sukhitattā.

Na paro paraṃ nikubbetha

Nātimaññetha katthaci naṃ kiñci

Byārosanā paṭighasaññā

Nāññamaññassa dukkhamiccheyya.

Mātā yathā niyaṃ puttaṃ

Āyusā ekaputtamanurakkhe

Evampi sabbabhūtesu

Mānasam bhāvaye aparimāṇam.

Mettañ ca sabbalokasmiṃ

Mānasam bhāvaye aparimāṇam

Uddham adho ca tiriyañca

Asambādham averam asapattam.

Tiṭṭhañcaram nisinno vā

Sayāno vā yāvatassa vigatamiddho

Etaṃ satim adhiṭṭheyya

Brahmametaṃ vihāram idhamāhu.

Diṭṭhiñca anupagamma sīlavā

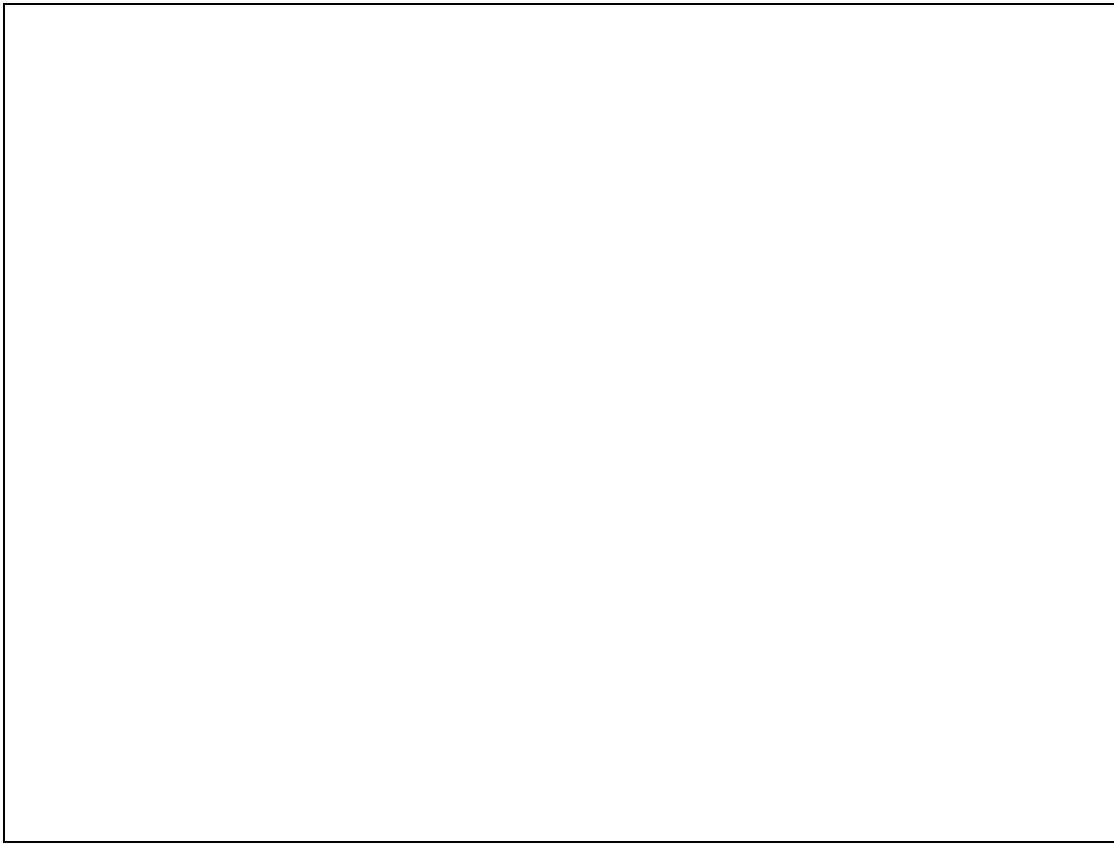
Dassanena sampanno

Kāmesu vineyya gedham

Na hi jātu gabbhaseyyam punaretīti



**Tiếng Việt**



**Phật-giáo-Nguyên-Thủy Theravāda ([https://www.youtube.com/channel/UC7azkC0Fi04ESkmvI73aphw?view\\_as=subscriber](https://www.youtube.com/channel/UC7azkC0Fi04ESkmvI73aphw?view_as=subscriber))**