

Protective Recitations

Karaṇīya-Metta-Sutta

[SNP 8]			
karaṇīyam-attha-kusalena			
yaṃ taṃ santaṃ padaṃ abhisamecca:			
sakko ujū ca suhujū ca,			
suvaco c'assa mudu, anatimānī			
karaṇīyaṃ	ptp	nt.nom.s	should be done, must be done, ought to be made
attha-	noun		goal, profit, good, welfare, benefit
kusalena	adj	masc.ins.s	by skillful
yaṃ	pron	nt.acc.s	that which
taṃ	pron	nt.acc.s	that, he
santaṃ	pp	nt.acc.s	calmed, tranquil, peaceful
padaṃ	noun	nt.acc.s	place, position, state
abhisamecca:	verb	abs	realizing, completely understanding
this is to be done by one skilled in benefit, who realizing that state which is peaceful			
sakko	adj	masc.nom.s	able, capable
ujū	adj	masc.nom.s	straight; upright, honest
ca	ind		and
suhujū	adj	masc.nom.s	well, very straight, upright
suvaco	adj	masc.nom.s	obedient; meek
ca	ind		and
assa	verb	opt.3.s	he should be
mudu	adj	masc.nom.s	soft; mild, gentle
anatimānī	adj	masc.nom.s	not conceited, humble, without arrogance
he should be capable, straight, upright, obedient, gentle and not conceited			
santussako ca subharo ca,			
appakicco ca sallahuka-vutti,			
sant-indriyo ca nipako ca,			
appagabbho kulesu ananugiddho.			
santussako	adj	masc.nom.s	content; glad
ca	ind		and
subharo	adj	masc.nom.s	easy to support
ca,	ind		and
appakicco	adj	masc.nom.s	unencumbered, with few obligations, with few duties
ca	ind		and
sallahuka-vutti	adj	masc.nom.s	with light, frugal conduct or character
(he should be) content and easy to support, with few duties, with frugal way of living,			
sant-indriyo	adj	masc.nom.s	calm; at peace; lit. with calm faculties
ca	ind		and

nipako	adj	masc.nom.s	intelligent, clever, judicious, prudent
ca,	ind		and
appagabbho	adj	masc.nom.s	not cheeky, modest, respectful, courteous, not proud or impudent
kulesu	noun	nt.loc.pl	in supporters; supporting families, lit. family
an-anugiddho	pp	masc.nom.s	not covetous; greedy
with calm faculties, prudent, not impudent, and without greed for supporters.			
na ca khuddaṃ samācare kiñci,			
yena viññū pare upavadeyyuṃ.			
sukhino vā khemino hontu,			
sabbe sattā bhavantu sukhit-attā			
na	ind	neg	not
ca	ind		and; as well as, but
khuddaṃ	adj	masc.acc.s	small; insignificant, slight
samācare	verb	opt.3.s	he should behave, act, conduct oneself
kiñci	pron	masc.acc.s	some, something, anything
he should not do anything (even) slight,			
yena	ind	adv	by which, because of which
viññū	noun	masc.nom.pl	wise people
pare	pron	masc.acc.pl	others
upavadeyyuṃ	verb	opt.3.pl	they could, might blame, find fault with, criticize
because of which wise people might criticize others			
sukhino	adj	masc.nom.pl	(has ease) happy, at ease
vā	ind		or, and
khemino	adj	masc.nom.pl	peaceful, safe, secure
hontu,	verb	imp.3.pl	may they be
may they be happy and secure,			
sabbe	pron	masc.nom.pl	all, every
sattā	noun	masc.nom.pl	a living being, creature
bhavantu	verb	imp.3.pl	may they be
sukhita-attā	adj	nt.nom.pl	happy; easygoing; (comm) with pleased mind; lit. pleased self
may all beings be easygoing			
ye keci pāṇa-bhūt-atthi,			
tasā vā thāvarā vā anavasesā,			
dīghā vā ye mahantā vā,			
majjhimā rassak-āṇuka-thūlā.			
ye	pron	masc.nom.pl	that which, whatever
keci	pron	masc.nom.pl	whoever, whatever, someone, whichever
pāṇa-	adj		breathing
bhūta-	noun		being, living being
atthi	verb	pr.3.pl	there are
whatever living beings there are			

tasā	adj	masc.nom.pl	movable or trembling
vā		ind	or
thāvarā	adj	masc.nom.pl	immobile or firm, strong
vā		ind	or
anavasesā,	adj	masc.nom.pl	without exception, without remainder
whether movable or immobile (trembling or strong), without exception,			
dīghā	adj	masc.nom.pl	long, tall
vā		ind	or
ye	pron	masc.nom.pl	what which, that are, whatever
mahantā	adj	masc.nom.pl	great, extensive, big
vā		ind	or
those that are long or those that are large			
majjhimā	adj	masc.nom.pl	middle; medium, middling
rassaka-	adj		short
āṇuka-	adj		subtle, tiny, minute, atomic
thūlā	adj	masc.nom.pl	massive, large, gross
middling, short, tiny, or gross			
diṭṭhā vā ye ca adiṭṭhā,			
ye ca dūre vasanti avidūre			
bhūtā vā sambhavesī vā,			
sabbe sattā bhavantu sukhit-attā.			
diṭṭhā	pp	masc.nom.pl	that which is seen
vā		ind	or
ye ca	pron	masc.nom.pl	and that which, whatever
adiṭṭhā	pp	masc.nom.pl	not seen
whether they are seen or unseen,			
ye	pron	masc.nom.pl	whatever, whoever , that which
ca		ind	and
dūre		ind	far distant, remote, far away
vasanti	verb	pr.3.pl	they live, dwell
avidūre		ind	not far, near
whether they dwell far or near,			
bhūtā	pp	masc.nom.pl	become; born, produced; existed
vā		ind	or
sambhavesī	adj	masc.nom.pl	seeking birth
vā,		ind	or
whether they born or seeking birth			
sabbe sattā bhavantu sukhittā			
may all beings be easygoing			
whether they are seen or unseen, whether they dwell far or near, whether they have come to be or will come to be, may all beings be easygoing!			

na paro param nikubbetha,			
n'atimaññetha katthaci naṃ kañci			
byārosanā, paṭigha-saññā,			
nāññam-aññassa dukkham-iccheyya.			
na	ind		not
paro	noun	masc.nom.s	other, another (person)
param	noun	masc.acc.s	other, another (person)
nikubbetha	verb	opt.3.s refl	should cheat; should deceive; should defrauds; lit. should make down
one another should not deceive			
na-atimaññetha	verb	opt.3.s refl	should not despise, scorn, look down (on), have contempt (for), condescending (about); lit. should not think too much
katthaci	adv		somewhere, anywhere
naṃ	pron	masc.acc.s	that, him
kañci	pron	masc.acc.s	someone, anyone
one should not look down on anyone anywhere			
byārosanā	noun	fem.nom.s	making angry, causing anger, being angry
paṭigha-	noun		anger; repulsion; collision, conflict
saññā,	noun	fem.nom.s	label, concept, idea, notion, perception
(thought) causing anger (or) idea of repulsion			
na-	ind		not
aññam-aññassa	adj	masc.dat.s	lit. one to another
dukkham-	noun	discomfort, suffering, pain, unease, problem	trouble
iccheyya	verb	opt.3.s	could wishes; should desires
one to another should not wish suffering			
mātā yathā niyaṃ puttam			
āyusā eka-puttam-anurakkhe,			
evam'pi sabba-bhūtesu,			
mānasam-bhāvaye aparimāṇam.			
mātā	noun	fem.nom.s	mother
yathā	ind	adv	just like a
niyaṃ	adj	masc.acc.s	one's own
puttam	noun	masc.acc.s	child, son
āyusā	noun	nt.ins.s	with vitality, with duration of life, with life

eka-	adj		only
puttam-	noun	masc.acc.s	child, son
anurakkhe,	verb	opt.3.s	could protect, should guard
just like a mother with (her) life could protect her son, her only son			
evam-	ind		thus, this, like this, just as, such
pi	ind		even, just so, also
sabba-	adj		all
bhūtesu	pp	masc.loc.s	in born; nature as the result of becoming living beings
just like this toward all living beings			
mānasaṃ-	noun	nt.acc.s	mind; intention, mental action
bhāvaye	verb	opt.3.s	could cultivate, should develop
aparimāṇaṃ	adj	nt.acc.s	limitless; immeasurable, without boundaries
one should develop mind without limits			
mettañ'ca sabba-lokasmīṃ,			
mānasaṃ-bhāvaye aparimāṇaṃ;			
uddhaṃ adho ca tiriyañ'ca,			
asambādhaṃ, averaṃ, asapattaṃ.			
mettaṃ-	adj	nt.acc.s	friendly; benevolent; kind
ca	ind		and
sabba-	adj		all
lokasmīṃ,	noun	masc.loc.s	in the world
mānasaṃ bhāvaye aparimāṇaṃ			
one should develop mind without limits and friendly toward the whole world			
uddhaṃ	ind	adv	above, up, on top
adho	ind	adv	below, under
ca	ind		and
tiriyaṃ-	ind	adv	across; transversely
ca		ind	and
above, below, and across			
asambādhaṃ,	adj	nt.nom.s	unobstructed, unhindered, unconfined
averaṃ	adj	nt.nom.s	peaceable, mild, friendly, without enmity
asapattaṃ	adj	nt.nom.s	without enmity, peaceful, without hostility without adversary
unconfined, without enmity, without hostility			
tiṭṭhañ-caraṃ, nisinno vā,			
sayāno vā, yāvat-assa vigata-middho,			
etaṃ satiṃ adhiṭṭheyya,			
brahmam'etaṃ vihāraṃ idha'm'āhu.			
tiṭṭhaṃ-	prp	masc.nom.s	standing
caraṃ	prp	masc.nom.s	walking

nisinno	pp	masc.nom.s	seated
vā	ind		or
sayāno	prp	masc.nom.s	lying down
vā	ind		or
yāvatā-	ind		as long as, as far as, of all, to the extent that
assa	pron	masc.dat.s	to him
vigata-middho	adj	masc.nom.s	without drowsiness
standing, walking, seated or lying down as long as he is without drowsiness			
etaṃ	pron	fem.acc.s	this
saṭṭiṃ	noun	fem.acc.s	memory, mindfulness, presence, recollection awareness
adhiṭṭheyya,	verb	opt.3.s	could stand firmly; would determine, resolve
one should resolve on this mindfulness:			
brahmaṃ	adj	masc.acc.s	holy, divine, sublime, highest
etaṃ	pron	masc.acc.s	this
vihāraṃ	noun	masc.acc.s	a dwelling place; an abode
idha-	ind	adv	here in this place, in this regard, in this case
āhu	verb	pref.p.3.pl	they said, they call
here they call this a sublime dwelling.			
diṭṭhiñ'ca anupaggaṃma,			
sīlavā dāssanena sampanno,			
kāmesu vineyya gaddhaṃ,			
na hi jātu gabbha-seyyaṃ punar-etī'ti.			
diṭṭhiṃ-	noun	fem.acc.s	view, belief, opinion, concept, theory, attitude
ca	ind		and, but, although
anupaggaṃma,	verb	abs	avoiding, not going near, lit. not approaching
sīlavā	adj	masc.nom.s	virtuous; observing the moral practices
dāssanena	noun	nt.ins.s	with vision, seeing, looking; sight of
sampanno,	adj	masc.nom.s	accomplished, fulfilled; successful, completed perfected, endowed
avoiding (clinging to) view, possessing good behavior, endowed with vision,			
kāmesu	noun	masc.loc.pl	in lust, desire, on sensual pleasures
vineyya	verb	abs	removing
gaddhaṃ	noun	masc.acc.s	greed
removing greed for sensual pleasures,			
na	ind		not
hi	ind		indeed, surely, definitely!
jātu	ind		surely; undoubtedly

gabbha-	nou n		womb
seyyaṃ	nou n	fem.acc.s	sleeping, sleeping posture
puna-	ind		again
eti	verb	pr.3.s	goes, comes, comes back, returns
ti	ind		'
one definitely and undoubtedly never again comes back to lying in a womb.			

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