

Meditation.4



METTĀ BHĀVANĀ ACCORDING TO METTA SUTTA

根据《慈爱经》来修习慈心

Sayadaw U Kumārābhivamsa

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**Namo Tassa Bhagavato
Arahato
Sammāsambuddhassa!**

礼敬那位跋葛瓦、
阿拉汉、正自觉者!

Con Xin Thành Kính Đảnh Lễ
Đức Thế Tôn, Ngài là bậc
A La Hán, Chánh Đẳng Giác!





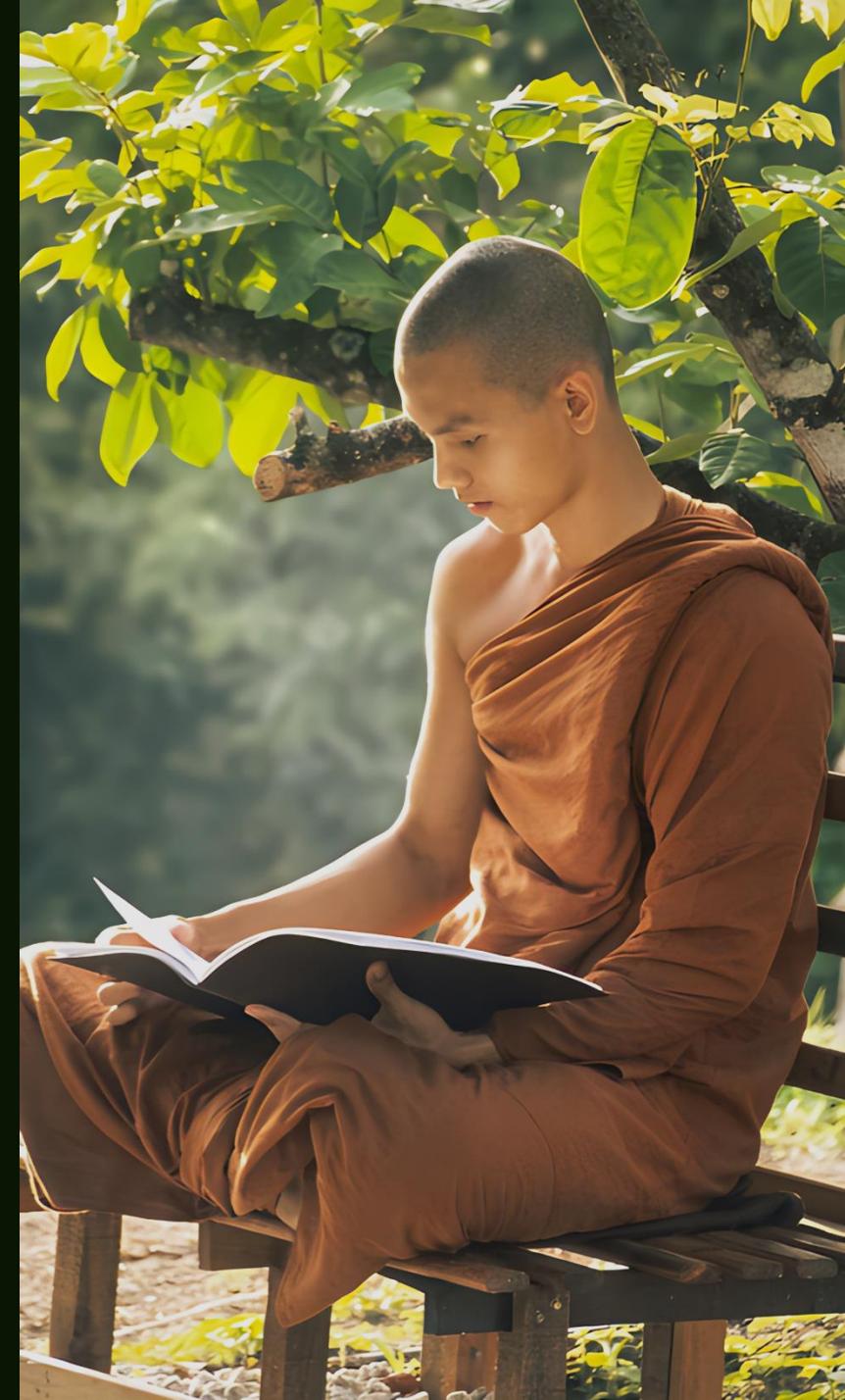
METTĀ BHĀVANĀ
ACCORDING TO
METTA SUTTA

根据《慈爱经》来修习慈心

-- *KN 1.9*



- **Karaṇīyamatthakusalena, yantasantaṃ padaṃ abhisamecca;**
- **Sakko ujū ca suhujū ca, suvaco cassa mudu anatimānī.**
- **This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads] to peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.**
- **善求义利，领悟寂静境界后应当作：
有能力、正直、诚实，顺从、柔和、不骄傲；**



- **Santussako ca subharo ca, appakicco ca
sallahukavutti;**
- **Santindriyo ca nipako ca, appagabbho
kulesvananugiddho.**
- **Contented and easy to support, with few duties and
living frugally; [with] calm faculties and prudent,
not obtrusive [to and] greedy [for gains from
supporting] families.**
- **知足、易扶养，少事务、生活简朴， 诸根寂静、
贤明，不无礼与不贪著居家；**



➤ **Na ca khudda samācare kiñci, yena viññū pare upavadeyyu .**

➤ **sukhino vā khemino hontu, sabbe sattā bhavantu sukhittā.**

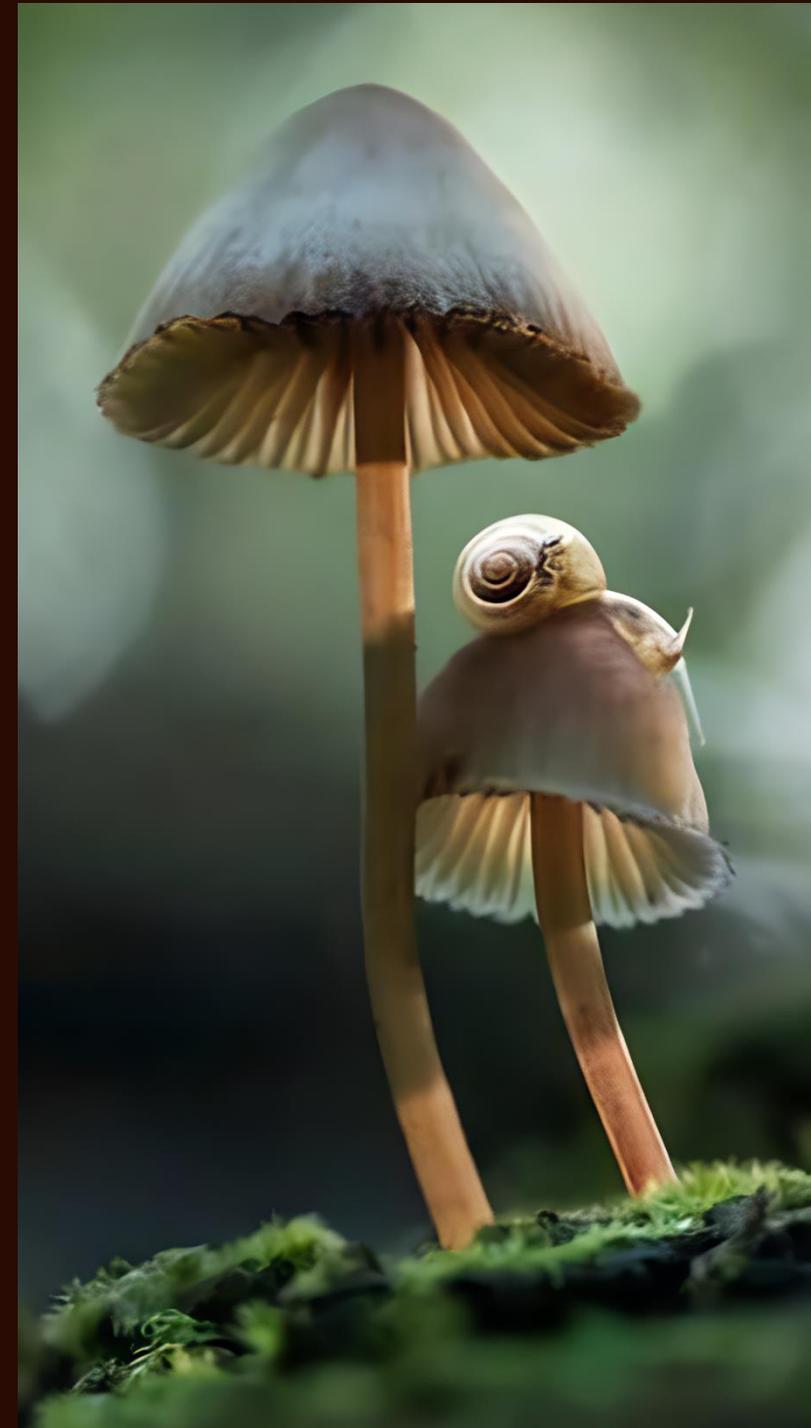
➤ **He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.**

➤ **只要会遭智者谴责，即使是小事也不做。**

愿一切有情幸福、安稳！ 自有其乐！



- **Ye keci pāṇabhūtatthi, tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā, majjhimā rassakā aṇukathūlā.**
- **Diṭṭhā vā yeva adiṭṭhā, ye va dūre vasanti avidūre;
Bhūtā va sambhavesī va, sabbasattā bhavantu sukhitattā.**
- **Whatever living beings there are, feeble or strong, [all]
without exception; those long, great, medium, short, small
or large. Those seen or not seen, and living far or nearby;
born or seeking birth, may all beings be in a state of
happiness.**
- **凡所有的有情生类，动摇的或不动的，毫无遗漏，长的
或大的，中的、短的、细的或粗的，
凡是见到的或没见到的，住在远方或近处的，已生的或
寻求出生的，愿一切有情自有其乐！**



- **Na paro paramāṃ nikubbetha, nātimaññaṃetha katthaci na kañci; Byārosanā paṭighasañña, nāññaamaññaṃassa dukkhamiccheyya.**
- **One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.**
- **不要欺骗他人，不要轻视任何地方的任何人，不要以忿怒、瞋恚想，而彼此希望对方受苦！**



➤ **Mātā yathā niyaṃ puttamāyusā**

ekaputtamanurakkhe;

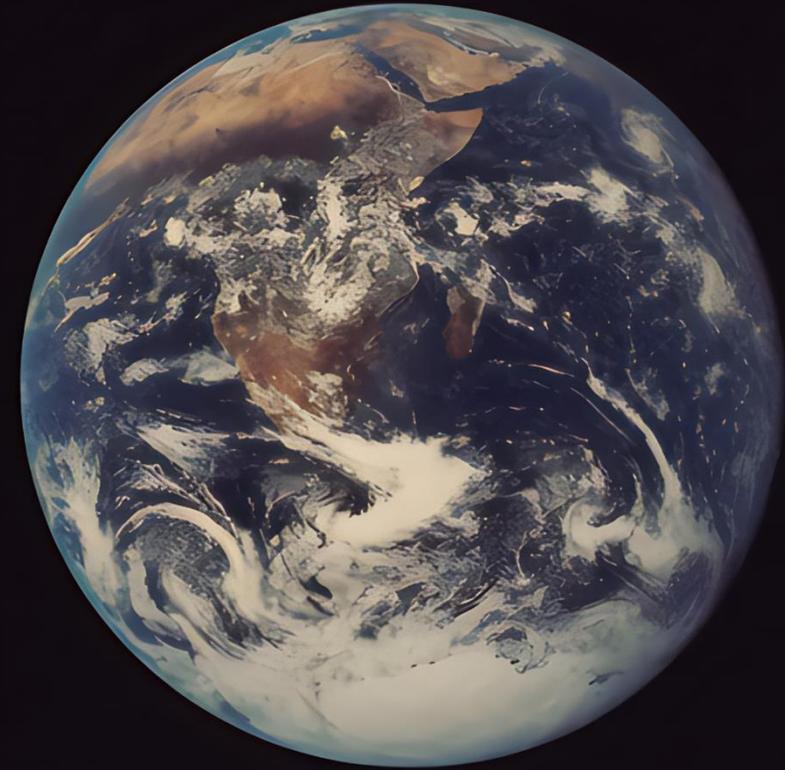
**Evampi sabbabhūtesu, mānaṣaṃ bhāvaye
aparimāṇaṃ.**

➤ **Just as a mother for her son, [her] only son,
would protect [him] with her life; thus, also,
towards all beings, would develop the mind
without limit.**

➤ **正如母亲对待自己的儿子，会以生命来保
护唯一的儿子；也如此对一切生类 培育无
量之心！**



- **Mettañca sabbalokasmi, mānasam bhāvaye aparimāṇam; Uddham adho ca tiriyañca, asambādham averamasapattam.**
- **With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.**
- **以慈爱对一切世界培育无量之心，上方、下方及四方，无障碍、无怨恨、无敌对！**



- **Ṭiṭṭhaṃ caraṃ nisinno va, sayāno yāvatāssa vitamiddho; Etaṃ satim adhiṭṭheyya, brahmametaṃ vihāramidhamāhu.**
- **While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.**
- **站立、行走、坐着或躺卧，只要他离开睡眠，皆应确立如此之念，这是他们于此所说的梵住。**



➤ **Ditṭhiñca anupaggamma, sīlavā dassanena sampanno; Kāmesu vinaya gedham, na hi jātuggabbhaseyya punareti.**

➤ **Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.**

不接受邪见，持戒，具足彻见，调伏对诸欲的贪求，确定不会再投胎！



1. Background Story of Mettā sutta

《慈爱经》的背景故事

-- A.11.15



Background Story 背景故事



- The monks began to practice vipassana meditation in the forest. As they practiced, due to their moral conduct and virtue, the tree gods could not stay in the trees and came down to the ground..... So these tree gods transformed themselves into terrifying appearances at night and made terrifying sounds and odors to scare the bhikkhus.
- 比库们开始在森林中修习观禅，由于他们的戒行和美德，使得树神们无法留在树上，纷纷下到地面上来.....于是这些树神们，在晚上把自己变成可怕的相貌，并发出恐怖的声音和臭味来惊吓这些比库。



Background Story 背景故事

- The tree gods felt the loving-kindness of the bhikkhus, so they came down from the trees, transformed into human beings, helped them get their alms bowls, took them to their kutis, brought water to their kutis and performed other services.
- 树神们感受到比丘们的慈爱，就从树上下下来，变成人的样子，帮他们拿钵并带他们去孤邸，拿水送到他们的孤邸并做一些其他的服侍。



- **Yassānubhāvato yakkhā neva dassenti bhīsanam Yamhi cevānuyuñjanto rattindivamatandito. Sukham supati sutto ca pāpam kiñci na passati, Evamādiguṇūpetam parittam tam bhaṇāma he.**
- **Due to the power of this (Mettā Sutta), spirits did not manifest frightful sights. One who devotes himself to these teachings day and night diligently sleeps soundly and does not have any nightmares when asleep. Let us recite this protective discourse.**
- 因为慈经的威力，夜叉们无法显现可怖的景象。勤奋者日夜修习慈经。他睡眠安稳。睡眠时不做任何恶梦。让我们来诵那护卫经吧，它具有如此诸多利益。



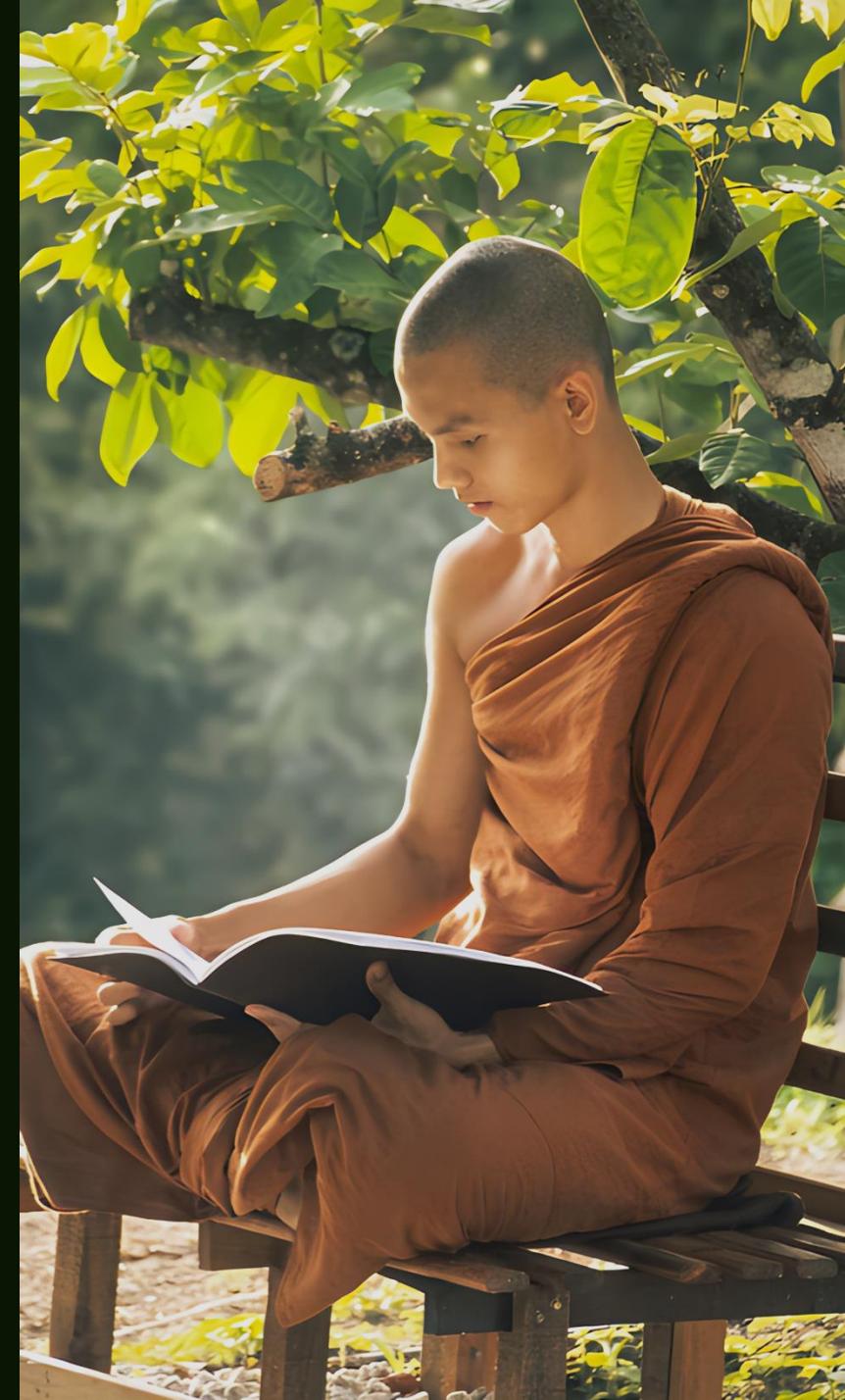
2. Fifteen Dhammas Needed while Sending ‘loving-kindness’

散播慈爱所需的十五法

In accordance with the “Loving-kindness
Discourse, Metta Sutta, *KN 1.9*.”



- **Karaṇīyamatthakusalena, yantasantaṃ padaṃ abhisamecca;**
- **Sakko ujū ca suhujū ca, suvaco cassa mudu anatimānī.**
- **This is to be done by [one] skilled in [what is] beneficial: having understood the path that [leads] to peace; he would be able, upright, very upright, easy to admonish, gentle, and not arrogant.**
- **善求义利，领悟寂静境界后应当作：
有能力、正直、诚实，顺从、柔和、不骄傲；**





1. <i>sakko</i>	Being able 有能力
2. <i>ujū</i>	Upright 正直
3. <i>suhujū</i>	Straightforward 诚实
4. <i>suvaco</i>	Gentle speech, docile 柔和语, 顺从
5. <i>mudu</i>	Humble Gentle 谦逊、柔和
6. <i>anatimānī.</i>	Not conceited 不骄傲

- **Santussako ca subharo ca, appakicco ca
sallahukavutti;**
- **Santindriyo ca nipako ca, appagabbho
kulesvananugiddho.**
- **Contented and easy to support, with few duties and
living frugally; [with] calm faculties and prudent,
not obtrusive [to and] greedy [for gains from
supporting] families.**
- **知足、易扶养，少事务、生活简朴， 诸根寂静、
贤明，不无礼与不贪著居家；**





7. <i>santussako</i>	Easily satisfied, contentment 知足
8. <i>subharo</i>	Easily supportable 易护持
9. <i>appakicco</i>	Having few duties 少事务
10. <i>sallahukavutti</i>	Simple in livelihood 生活简朴
11. <i>santindriyo</i>	Senses controlled, peaceful 诸根寂静
12. <i>nipako</i>	Calm faculties & matured 冷静和成熟的 (智慧)



13. *appagabbho*

Not tough-minded 不无礼

14. *kulesvananugiddho*

Not greedily attached to families
不贪著居家

15. *na ca khuddamācare
kiñci, yena viññū pare
upavadeyyum*

Not committing even the slightest sin,
for which other wise men might censure
one.
只要会遭智者谴责，即使是小事也不做

➤ **Na ca khudda samācare kiñci, yena viññū pare upavadeyyu .**

➤ **sukhino vā khemino hontu, sabbe sattā bhavantu sukhittā.**

➤ **He would not do [even] the slightest thing, by which the wise could censure [and tell] others; may [all beings] be happy and secure, may all beings be in a state of happiness.**

➤ **只要会遭智者谴责，即使是小事也不做。**

愿一切有情幸福、安稳！ 自有其乐！



3. Eleven Modes of Sending Loving-kindness

散播慈爱的十一种方式

In accordance with the “Loving-kindness
Discourse, Metta Sutta, *KN 1.9*.”



11 Modes of Sending Mettā 散播慈爱的11种方式



Three basic modes 三种基本的方式:

- ❑ A: to all beings as one group (No.1)
将所有众生作为一类，对其散播慈爱（第1条）
- ❑ B: to all beings by dividing two groups (No.2~5)
将所有众生划为分为两类（第2~5条）
- ❑ C: to all beings by dividing three groups (No.6~8).
将所有众生分为三类（第6~8条）

11 Modes of Sending Mettā 散播慈爱的11种方式

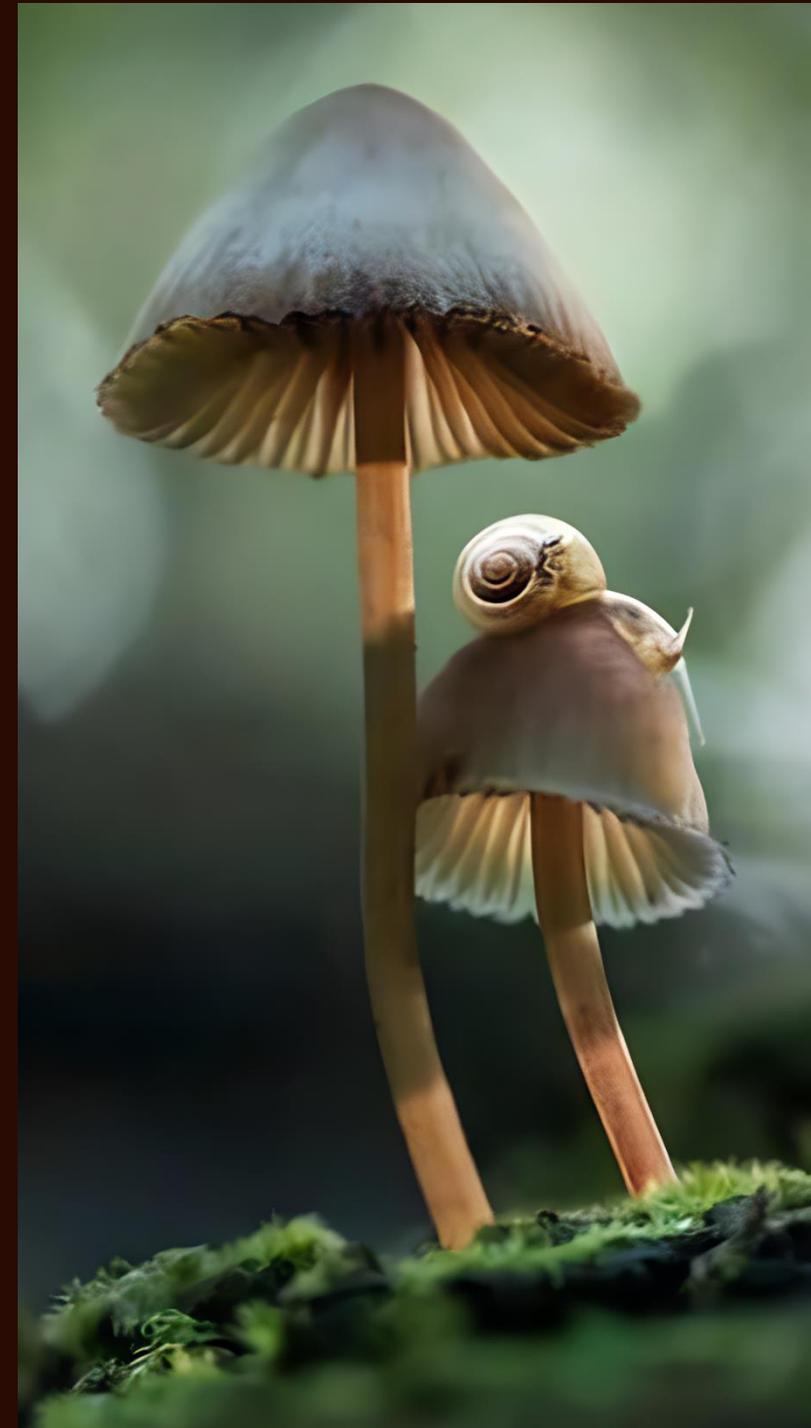


A: to all beings as one group (No.1)
将所有众生作为一类 (第1条)

➤ 1: May all beings be happy, physically, mentally and freed from danger.

愿所有众生快乐，身体快乐，内心快乐，远离危难。

- **Ye keci pāṇabhūtatthi, tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā, majjhimā rassakā aṇukathulā.**
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- **Whatever living beings there are, feeble or strong, [all] without exception; those long, great, medium, short, small or large. Those seen or not seen, and living far or nearby; born or seeking birth, may all beings be in a state of happiness.**
- **凡所有的有情生类，动摇的或不动的，毫无遗漏，长的或大的，中的、短的、细的或粗的，凡是见到的或没见到的，住在远方或近处的，已生的或寻求出生的，愿一切有情自有其乐！**



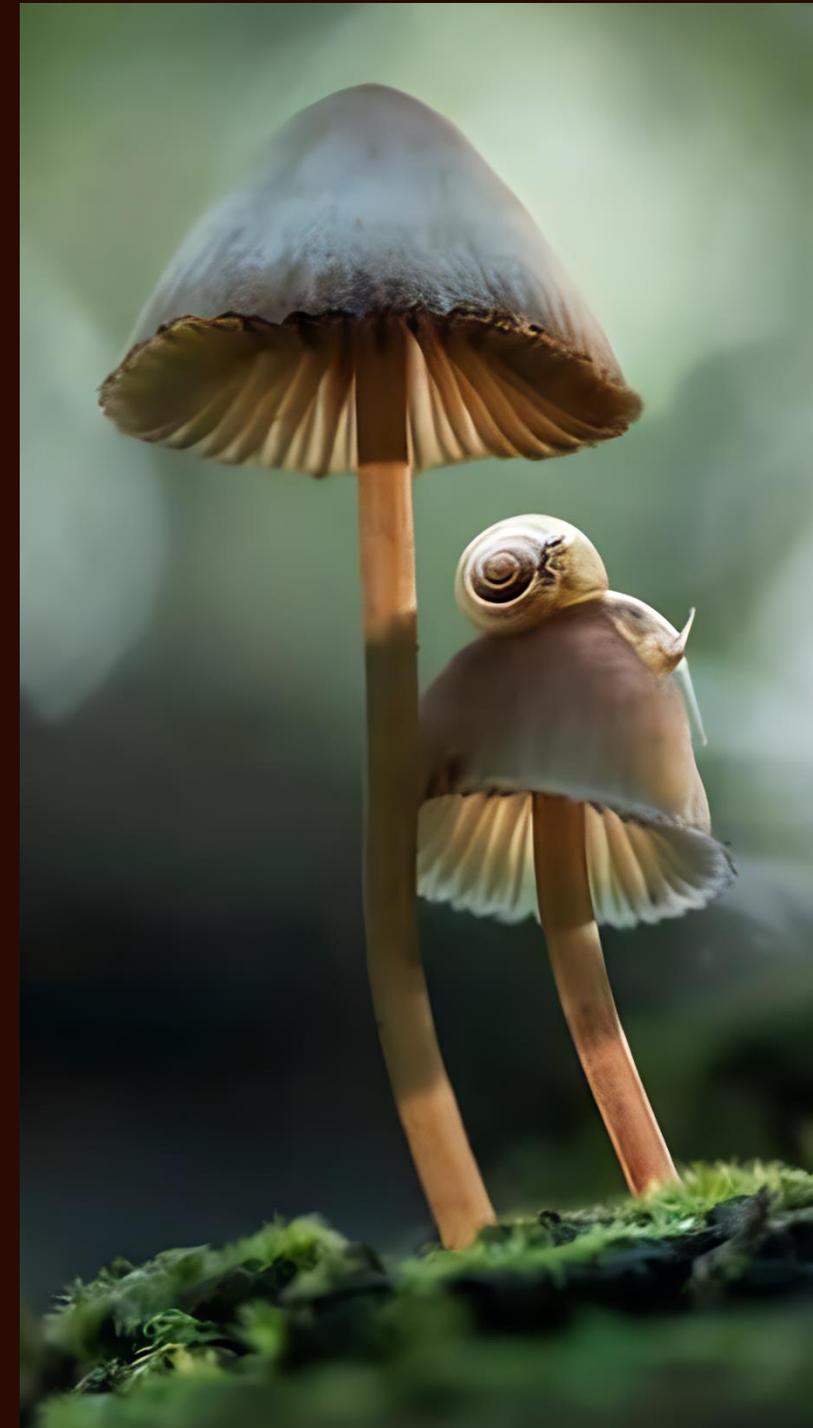
11 Modes of Sending Mettā 散播慈爱的11种方式



B: to all beings by dividing two groups (2~5) 将所有众生划为分为两类 (2~5)

- 2: May the pair of frightened and unfrightened beings be happy ...
愿颤栗的和不安颤栗的这两类众生快乐...
- 3: May the pair of seen and unseen beings be happy ...
愿已见的和未见的这两类众生快乐...
- 4: May the pair of far and near beings be happy ...
愿远的和近的这两类众生快乐...
- 5: May the pair of arahants and the other beings (Holy ones) be happy ...
愿阿拉汉与其他的（圣者）这两类众生快乐...

- **Ye keci pāṇabhūtatthi, tasā vā thāvarā vanavasesā;
Dīghā vā yeva mahantā, majjhimā rassakā aṇukathūlā.**
- **Diṭṭhā vā yeva adiṭṭhā, ye va dūre vasanti avidūre;
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11 Modes of Sending Mettā 散播慈爱的11种方式



C: to all beings by dividing three groups (6 ~ 8).
将所有众生划为分为三类 (6~8)

- 6: May the set of three – tall, short and medium – beings be happy
愿高的、矮的、中等的这三类众生快乐...
- 7: May the set of three – large, small and medium – beings be happy
愿大的、小的、中等的这三类众生快乐...
- 8: May the set of three – fat, thin and medium – beings be happy
愿胖的、瘦的、中等的这三类众生快乐...

- **Na paro paramāṃ nikubbetha, nātimaññaṃetha katthaci na kañci; Byārosanā paṭighasañña, nāññaamaññaṃassa dukkhamiccheyya.**
- **One would not deceive another, [nor] despise them anywhere [about] anything; [out of] anger or aversion, would not wish suffering for each other.**
- **不要欺骗他人，不要轻视任何地方的任何人，不要以忿怒、瞋恚想，而彼此希望对方受苦！**



11 Modes of Sending Mettā 散播慈爱的11种方式



- 9: May no one deceive another.
愿无人欺骗他人.
- 10: May no one despise another.
愿无人轻视他人.
- 11: May no one wish for suffering another.
愿无人希望他人受苦.

➤ **Mātā yathā niyaṃ puttamāyusā**

ekaputtamanurakkhe;

Evampi sabbabhūtesu, mānaṣaṃ bhāvaye

aparimāṇaṃ.

➤ **Just as a mother for her son, [her] only son, would protect [him] with her life; thus, also, towards all beings, would develop the mind without limit.**

➤ **正如母亲对待自己的儿子，会以生命来保护唯一的儿子；也如此对一切生类 培育无量之心！**



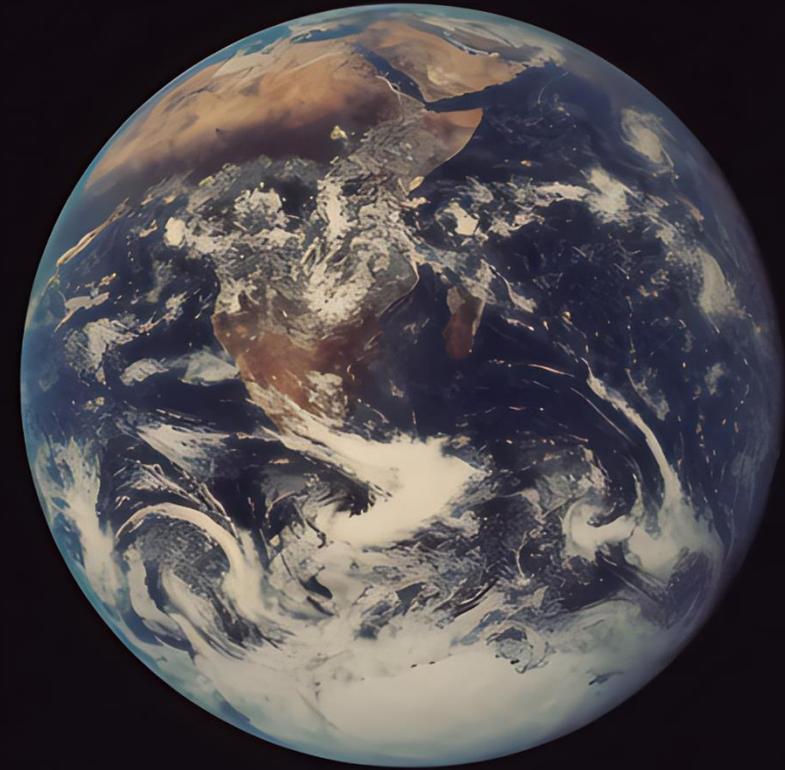
4. Sending loving-kindness to 10 directions based upon the Metta Sutta

基于《慈爱经》向十个方向散播慈爱

Metta Sutta, *KN 1.9*.



- **Mettañca sabbalokasmi, mānasam bhāvaye aparimāṇam; Uddham adho ca tiriyañca, asambādham averamasapattam.**
- **With loving-kindness towards the whole world, would develop the mind without limit; above, below and across, unrestricted, free from enmity and hostility.**
- **以慈爱对一切世界培育无量之心，上方、下方及四方，无障碍、无怨恨、无敌对！**





Seven Groups 七组:

- 1: the pair of frightened and unfrightened beings
颤栗的和不振栗的两类众生
- 2: the pair of seen and unseen beings
已见的和未见这两类众生
- 3: May the pair of far and near beings
远的和近的这两类众生
- 4: arahants and the other beings (Holy ones) beings
阿拉汉与其他的（圣者）这两类众生
- 5: the set of three – tall, short and medium
高的、矮的、中等的这三类众生
- 6: the set of three – large, small and medium – beings
长的、小的、中等的这三类众生
- 7: May the set of three – fat, thin and medium – beings
胖的、瘦的、中等的这三类众生

Ten Directional Categories

十方遍满

- ❖ *Puratthimāya disāya*
In the eastward direction 在东方
- ❖ *Pacchimāya disāya*
In the westward direction 在西方
- ❖ *Uttarāya disāya*
In the northward direction 在北方
- ❖ *Dakkhiṇāya disāya*
In the southward direction 在南方
- ❖ *Puratthimāya anudisāya*
In the south-east direction 在东南方
- ❖ *Pacchimāya anudisāya*
In the north-west direction 在西北方
- ❖ *Uttarāya anudisāya*
In the north-east direction 在东北方
- ❖ *Dakkhiṇāya anudisāya*
In the south-west direction 在西南方
- ❖ *heṭṭhimāya disāya*
In the downward direction 在下方
- ❖ *uparimāya disāya*
In the upward direction 在上方

the ways of sent metta

散播慈爱的方式

12 categories = 5 unspecified +7 specified.

4 types of thoughts towards 12 categories : $4 \times 12 = 48$

10 directions $\times 48 = 480$

Total : $480 + 48 = 528$

7 groups $\times 528 = 3696$

12 类 = 5 无界 +7 有界

以4种思维对这12类 : $4 \times 12 = 48$

10 方向 $\times 48 = 480$

总计 : $480 + 48 = 528$

7 组 $\times 528 = 3696$

- **Ṭiṭṭhaṃ caraṃ nisinno va, sayāno yāvatāssa vitamiddho; Etaṃ satim adhiṭṭheyya, brahmametaṃ vihāramidhamāhu.**
- **While standing, walking, seated, or lying down free from drowsiness; would determine [to keep] this mindfulness [in mind], this is a divine abiding in this world, it is said.**
- **站立、行走、坐着或躺卧，只要他离开睡眠，皆应确立如此之念，这是他们于此所说的梵住。**



➤ **Ditṭhiñca anupaggamma, sīlavā dassanena sampanno; Kāmesu vinaya gedham, na hi jātuggabbhaseyya punareti.**

➤ **Not going to [wrong] view[s], being morally well behaved and having [right] vision, [and] having given up greed for sensuality, never again come [back] to the womb.**

不接受邪见，持戒，具足彻见，调伏对诸欲的贪求，确定不会再投胎！



5. Eleven Benefits of Mettā

修习慈心的十一种利益

-- A.11.15



11 Benefits OF Mettā 慈心的11种利益

- 1. One sleeps in comfort
睡眠安乐
- 2. One wakes in comfort
醒来快乐
- 3. One dreams no evil dreams
不见恶梦
- 4. One is dear to human beings
为人们喜爱
- 5. One is dear to non-human beings
为非人喜爱
- 6. Devas (celestial beings) guard one
受诸天守护

- 7. Fire, poison and weapons do not affect one
不为火、毒、刀所伤害
- 8. One's mind is easily concentrated
心能迅速得定
- 9. One's complexion becomes bright
容貌光洁
- 10. One dies unconfused
临终时不昏迷
- 11. One will be reborn in the Brahma World
(不通达上位) 则至梵天界

Idaṃ me puññaṃ āsavakkhayāvahaṃ hotu .

愿我此功德，导向诸漏尽！

Phước lành giữ giới này của con,
nguyện đoạn trừ các lậu hoặc - trầm luân

Idaṃ me puññaṃ nibbānassa paccayo hotu.

愿我此功德，为证涅槃缘！

Phước lành này của con,
nguyện là duyên thành tựu được Niết bàn.

Mama puññabhāgaṃ sabbasattānaṃ bhājemi;

我此功德分，回向诸有情，

Phước Lành Con Đã Tạo,

Te sabbe me samaṃ puññabhāgaṃ labhantu.

愿彼等一切，同得功德分！

Xin Chia Tới Tất Cả Chúng Sanh.



• Thera Vandana

- **Okāsa, vandāmi, Bhante.**
- **Sukhī hontu! Nibbānapaccayo hotu.**
- **Mayā kataṃ puññaṃ sāminā anumoditabbaṃ.**
- **Sādhu! Sādhu! Anumodāmi.**
- **Sāminā kataṃ puññaṃ mayhaṃ dātabbaṃ.**
- **Sādhu! Anumoditabbaṃ.**
- **Sādhu! Sādhu! Anumodāmi. Okāsa, dvārattayena kataṃ sabbaṃ accayaṃ khamatha me, Bhante.**
- **Khamāmi, khamitabbaṃ.**
- **Sādhu! Okāsa, khamāmi, Bhante!**
- **Sukhī hontu! Nibbānapaccayo hotu.**

礼敬上座

礼敬者：请让我礼敬尊者（一拜）

尊者：祝你们快乐，愿成为涅槃的助缘。

礼敬者：愿您随喜我所作的功德。

尊者：萨度！萨度！我随喜。

礼敬者：愿您所作的功德也与我分享。

尊者：萨度！你们可随喜。

礼敬者：萨度！萨度！我随喜。尊者，若我由“身，语，意”三门所作的一切过失，请原谅我。

尊者：我原谅，你们也应原谅我。

礼敬者：萨度！尊者我原谅您。（三拜）

尊者：祝你们快乐，愿成为涅槃的助缘。



Buddhasāsanam

Ciram Tiṭṭhatu !

愿佛陀教法久住！

May the Buddha's

Dispensation Last Long!

Cầu mong Phật Pháp trường tồn!



မြန်မာ

Metta Sutta, *KN 1.9.*





၁။လုံးစုံများစွာ သတ္တဝါ ချမ်းသာကိုယ်စိတ်မြဲပါစေ။
ဥပဒ်ရန်ဘေး ကင်းစင်ဝေး ငြိမ်းအေးကြပါစေ။

၂။ကြောက်တတ်မကြောက်တတ် နှစ်ရပ်များစွာ သတ္တဝါ ချမ်းသာကိုယ်စိတ်မြဲပါစေ။
ဥပဒ်ရန်ဘေး ကင်းစင်ဝေး ငြိမ်းအေးကြပါစေ။

၃။မြင်အပ်မမြင်အပ် နှစ်ရပ်များစွာ သတ္တဝါ ချမ်းသာကိုယ်စိတ်မြဲပါစေ။
ဥပဒ်ရန်ဘေး ကင်းစင်ဝေး ငြိမ်းအေးကြပါစေ။

၄။ ဝေးနေနီးနေ နှစ်ထွေများစွာ သတ္တဝါ ချမ်းသာကိုယ်စိတ်မြဲပါစေ။
ဥပဒ်ရန်ဘေး ကင်းစင်ဝေး ငြိမ်းအေးကြပါစေ။



၅။ ဘဝဇာတ်ဆုံး မဆုံးများစွာ သတ္တဝါ ချမ်းသာကိုယ်စိတ်မြဲပါစေ။
ဥပဒ်ရန်ဘေး ကင်းစင်ဝေး ငြိမ်းအေးကြပါစေ။

၆။ ရှည်, တို, အလတ် သုံးရပ်ခန္ဓာ သတ္တဝါ ချမ်းသာကိုယ်စိတ်မြဲပါစေ။
ဥပဒ်ရန်ဘေး ကင်းစင်ဝေး ငြိမ်းအေးကြပါစေ။

၇။ ကြီး, ငယ်, အလတ် သုံးရပ်ခန္ဓာ သတ္တဝါ ချမ်းသာကိုယ်စိတ်မြဲပါစေ။
ဥပဒ်ရန်ဘေး ကင်းစင်ဝေး ငြိမ်းအေးကြပါစေ။

၈။ ဆူ, ကြိ, အလတ် သုံးရပ်ခန္ဓာ သတ္တဝါ ချမ်းသာကိုယ်စိတ်မြဲပါစေ။
ဥပဒ်ရန်ဘေး ကင်းစင်ဝေး ငြိမ်းအေးကြပါစေ။



၉။ လူ့အချင်းချင်း လှည့်ပတ်ခြင်း ကင်းရှင်းကြပါစေ။
၁၀။ အထင်သေးခြင်း အချင်းချင်း ကင်းရှင်းကြပါစေ။
၁၁။ ဆင်းရဲလို့ခြင်း အချင်းချင်း ကင်းရှင်းကြပါစေ။

IPTSPOL

谢谢观看!

Thank you
for watching!

International Pa-Auk Tawya
Society (Pyin Oo Lwin)

