

Meditation.3




Mettā Bhāvanā
Loving-Kindness Meditation
慈心修习


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ZOOM  **ID: 913 4007 8354 Password: 789 789**

You Tube  **Channel: youtube.com/@padtvn**

**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

慈心修习

LOVING-KINDNESS
MEDITATION

1. Mettā to yourself 给自己慈心

➤ *Ahaṃ avero homi*

May I be free from danger. 愿我免除危難

➤ *Abyāpajjo homi*

May I be free from mental pain.

愿我免除精神的痛苦

➤ *Aniḅho homi*

May I be free from physical pain.

愿我免除身體的痛苦

➤ *Sukhī attānaṃ pariharāmi*

May I be well and happy. 愿我自持安樂



1. Mettā to yourself 对自己慈心

- The Buddha says: *Sabbā disā anuparigamma cetasā, Nevajjhagā piyatara mattanā kvaci. Evam piyo puthu attā pasesam, Tasmā na himse paramattakāmo*
- Having searched in all directions with the mind, one cannot find anyone anywhere whom one loves more than oneself. In the same way, do all beings in all directions love themselves more than anyone else, therefore, one who desires his own welfare should not harm others.
- 佛陀說:在尋找了所有的方向之後，找不到一個人不是愛自己最多，所有的衆生都是最愛自己，如此，當尋找自己的利益的時候不要去傷害別人。



| | |
|---|---|
| 1 | <i>Atta</i> Yourself 自己 |
| 2 | <i>Piya</i> A person you like 你喜愛的人 |
| 3 | <i>Majjhatta</i> An indifferent person 无好无惡感的人 |
| 4 | <i>Verī</i> A person you dislike or hate 你不喜欢/討厭的人 |



2. Mettā to others 对他人慈心

- *Ayaṃ sapuriso avero homi*
May this good person be free from danger.
愿此善人免除危難
- *Ayaṃ sapuriso abyāpajjo homi*
May this good person be free from mental pain.
愿此善人免除精神的痛苦
- *Ayaṃ sapuriso anigho homi*
May this good person be free from physical pain.
愿此善人免除身體的痛苦
- *Ayaṃ sapuriso sukhī attānaṃ pariharāmi*
May this good person be well and happy.
愿此善人自持安樂

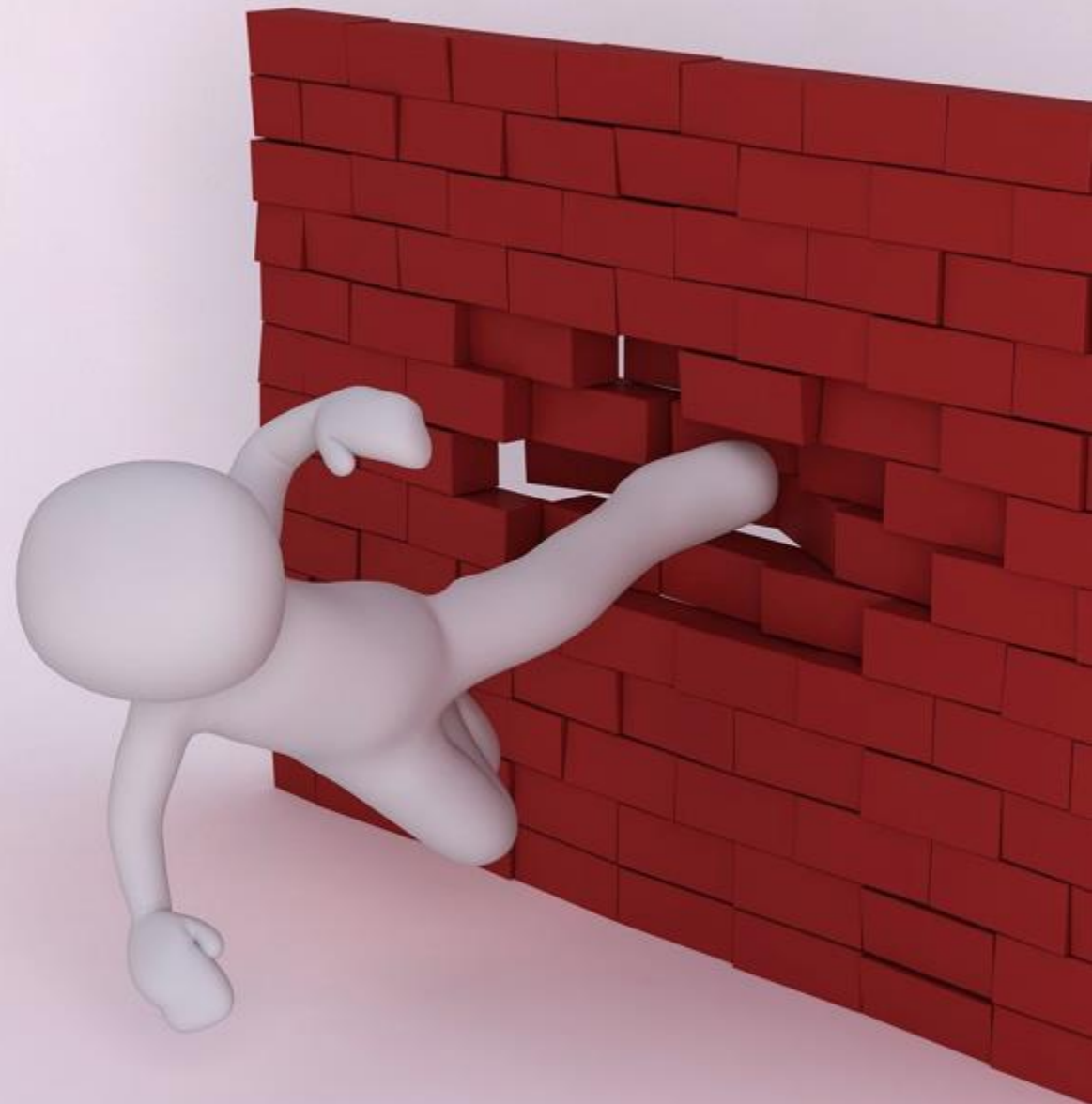


Breaking the Barriers

破除界限

| | |
|---|--|
| 1 | <i>Atta</i> Yourself 自己 |
| 2 | <i>Piya</i> A person you like 你喜愛的人 |
| 3 | <i>Majjhatta</i> An indifferent person 无好无惡感的人 |
| 4 | <i>Verī</i> A person you dislike or hate 你不喜欢或者討厭的人 |

With the barriers between types and individuals broken down, you will be able to develop your loving-kindness meditation.



Expand Your Mettā Coverage

扩大慈心范围

Five Unspecified Categories

五类无界限遍满

- ❖ *Sabbe sattā*
All beings 一切有情
- ❖ *Sabbe pāṇā*
All breathers 一切有息者
- ❖ *Sabbe bhūtā*
All creatures 一切生类
- ❖ *Sabbe puggalā*
All people 一切个体
- ❖ *Sabbe attabhāva pariyāpannā*
All possessing individuality
一切拥有自己生命者

Seven Specified Categories

七类有界限遍满

- ❖ *Sabbe itthiyo*
All women 一切女性
- ❖ *Sabbe purisā*
All men 一切男性
- ❖ *Sabbe ariyā*
All Noble Ones 一切圣者
- ❖ *Sabbe anariyā*
All who are not Noble Ones
一切非圣者
- ❖ *Sabbe devā*
All devas 一切诸天
- ❖ *Sabbe manussā*
All human beings 一切人类
- ❖ *Sabbe vinipātikā*
All in the lower realms
一切堕恶趣者

Mettā To 10 Directions

慈心遍十方

- ❖ *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

528 ways of loving-kindness

528种慈心遍满

- 4 types of thoughts towards 12 categories (5 unspecified & 7 specified categories)

以4种方式对12种类(5类无界限&7类

有界限): $12 \times 4 = 48$

48×10 directions 十方 = 480

$480 + 48 = 528$

1st Jhāna
 2nd Jhāna
 3 Jhāna

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



LOVINGKINDNESS- ASPIRATION- SHARING OF MERITS

慈心、发愿、以及功德回向

- **Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā,
sabbe ariyā, sabbe anariyā,
sabbe devā, sabbe manussā, sabbe vinipātikā**
- **May all beings, all breathing things, all creatures, all individuals, all self-embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:**
- **愿一切有情、一切众生、一切生类、一切个体、一切系属于自体者；一切女性、一切男性，一切圣者、一切非圣者，一切诸天、一切人类、一切堕苦处者，**



➤ **Averā hontu, abyāpajjā hontu, anīghā hontu,
sukhī attānaṃ pariharantu.**

Dukkhā muccantu,

yathā-laddha-sampattito mā vigacchantu,

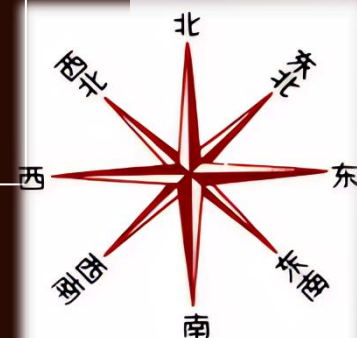
kammassakā.

➤ **May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.**

➤ **无怨敌, 无瞋害, 无恼乱, 保持自己的快乐! 脱离诸苦! 不失去所得的成就! 是业的所有者!**



- **Puratthimāya disāya, pacchimāya disāya, uttarāya disāya, dakkhiṇāya disāya,**
- **puratthimāya anudisāya, pacchimāya anudisāya, uttarāya anudisāya, dakkhiṇāya anudisāya, heṭṭhimāya disāya, uparimāya disāya,**
- **In the easterly direction, in the westerly direction, in the northerly direction, in the southerly direction, in the south-east direction, in the north-west direction, in the north-east direction, in the south-west direction, in the downward direction, in the upward direction:**
- **愿东方、西方、北方、南方, 东南方、西北方、东北方、西南方, 下方、上方的**



- **Sabbe sattā, sabbe pāṇā, sabbe bhūtā,
sabbe puggalā, sabbe atta-bhāva-pariyāpannā,
sabbā itthiyo, sabbe purisā,
sabbe ariyā, sabbe anariyā,
sabbe devā, sabbe manussā, sabbe vinipātikā**
- **May all beings, all breathing things, all creatures, all individuals, all self-embodied [beings], all women, all men, all noble ones, all non-noble ones, all deities, all human beings, all beings in the realms of suffering:**
- **愿一切有情、一切众生、一切生类、一切个体、一切系属于自体者；一切女性、一切男性，一切圣者、一切非圣者，一切诸天、一切人类、一切堕苦处者，**



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Dukkhā muccantu,

yathā-laddha-sampattito mā vigacchantu,

kammassakā.

➤ **May they be free from enmity, be free from mental suffering, be free from physical suffering, and take care of themselves happily. May they be liberated from suffering, and not be parted from the good fortune they have attained. They are the owners of their actions.**

➤ **无怨敌, 无瞋害, 无恼乱, 保持自己的快乐! 脱离诸苦! 不失去所得的成就! 是业的所有者!**



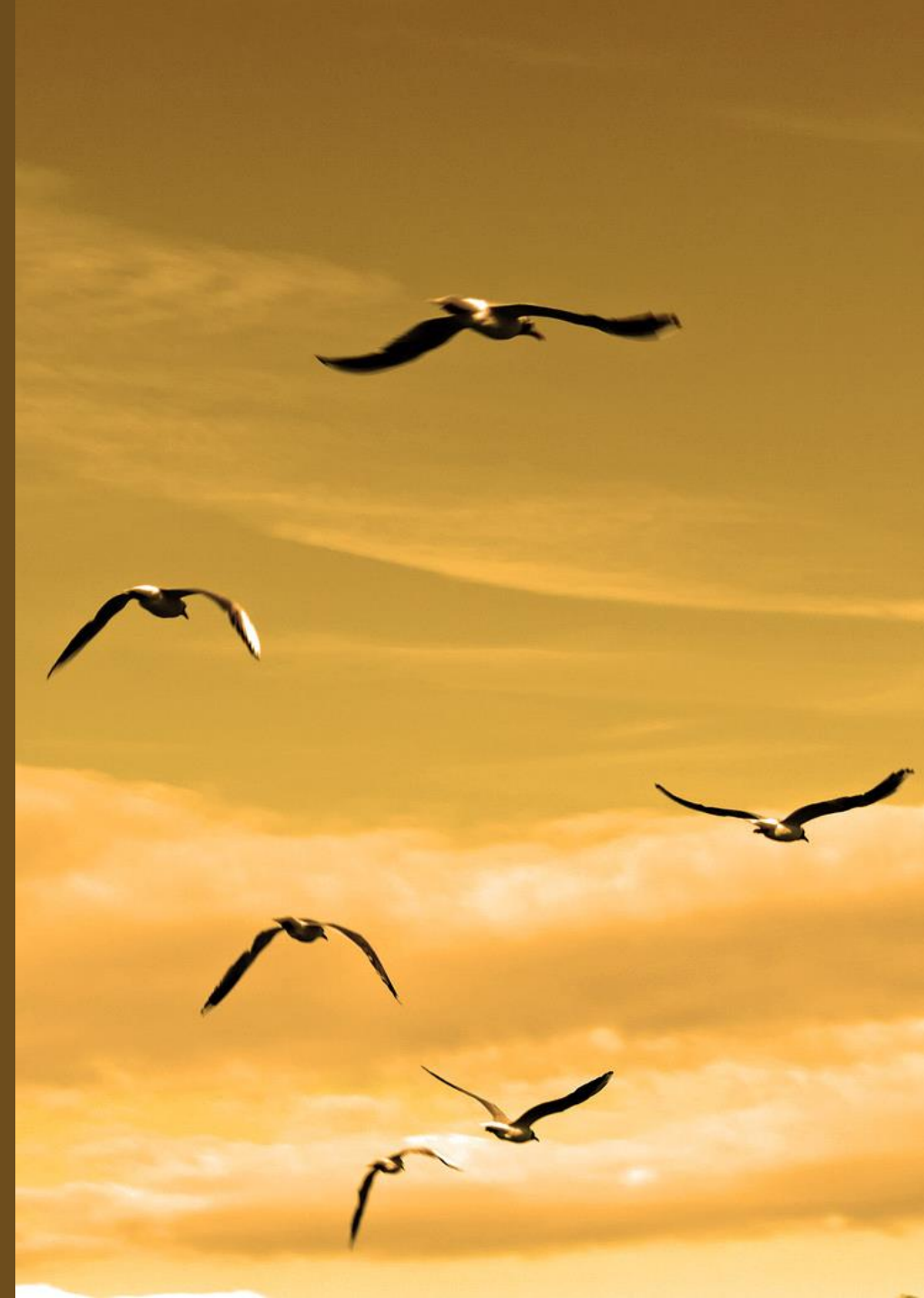
- **Uddhaṃ yāva bhavaggā ca, adho yāva avīcito;**
- **Samantā cakka-vāḷesu, ye sattā pathavī-carā;**
- **Abyāpajjā niverā ca, niddukkhā
cānuppaddavā.**
- **Up as far as the highest existence and down as far as Avīci Hell, in the entire universe, [for] those beings that live on earth: [may they] be free from affliction, hostility and without suffering and trouble.**
- **上至有顶天, 下至无间狱, 于普轮围界, 地上诸有情, 愿无瞋.无怨, 无苦及无难!**



- **Uddham yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vālesu, ye sattā uduke-carā;
Abyāpajjā niverā ca, niddukkhā
cānuppaddavā.**
- **Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in water: [may they] be free from affliction, hostility and without suffering and trouble.**
- **上至有顶天, 下至无间狱, 于普轮围界, 水中诸有情, 愿无瞋. 无怨, 无苦及无难!**



- **Uddham yāva bhavaggā ca, adho yāva avīcito;
Samantā cakka-vāḷesu, ye sattā ākāse-carā;
Abyāpajjā niverā ca, niddukkhā
cānuppaddavā.**
- **Up as far as the highest existence, and down as far as Avīci Hell, in the entire universe, [for] those beings that live in the sky: [may they] be free from affliction, hostility and without suffering and trouble.**
- **上至有顶天, 下至无间狱, 于普轮围界, 空中诸有情, 愿无瞋.无怨, 无苦及无难!**



- **Yaṃ pattaṃ kusalaṃ tassa ānubhāvena paṇino Sabbe saddhamma-rājassa ñatvā, Dhammaṃ sukhāvahaṃ,**
- **Pāpuṇantu visuddhāya sukhāya paṭipattiyā Asokamanupāyāsaṃ nibbānasukhamuttamaṃ.**
- **By the power of whatever wholesome state attained by me, may all beings, having known rightly the King of Dhamma's teachings which give bliss (of Nibbāna), attain the bliss of Nibbāna, sorrowless, without distress and supreme, through the Middle Practice (Noble Eightfold Path) which is pure and blissful.**
- **以[我]所成就的善[业]威力，愿一切众生了知正法王导向快乐之法！透过清淨、快乐的修行，愿到达无忧、无恼、至上快乐的涅槃！**



- **Ciraṃ tiṭṭhatu saddhammo, Dhamme hontu sagāravā
Sabbe’pi sattā, kālena sammā devo pavassatu.**
- **Yathā rakkhimsu porāṇā surājāno tathevimaṃ, Rājā
rakkhatu dhammena attano’va pajam̐ pajam̐.**
- **In May the true Dhamma last long, may all beings also
respect the Dhamma, and may the [rain] god [give] proper
and timely rain.**
- **Just as good kings of ancient times gave protection, may the
king righteously protect the people like his own (offspring).**
- **愿正法久住！愿一切有情皆恭敬法！愿天适时降雨！**
- **犹如古代的善王般治国，愿国王依法保护人民犹如自己的
子孙！**



- **Imāya dhammānudhamma-paṭipattiyā Buddhāṃ pūjemi.**
Imāya dhammānudhamma-paṭipattiyā Dhammāṃ pūjemi.
Imāya dhammānudhammapaṭipattiyā Saṅghāṃ pūjemi.
- **Addhā imāya paṭipattiyā jāti-jarā-byādhī maraṇamhā parimuccissāmi.**
- **By this practice that is in accordance with the Dhamma, I venerate the Buddha. By this practice that is in accordance with the Dhamma, I venerate the Dhamma. By this practice that is in accordance with the Dhamma, I venerate the Saṅgha. Surely, by this practice I will be liberated from birth, old age, sickness and death.**
- **以此法随法行，我敬奉佛！ 以此法随法行，我敬奉法！
以此法随法行，我敬奉僧！ 切实依此而行，我将解脱生、老、病、死！**



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。

IPTSPOL

谢谢观看!

Thank you
for watching!

International Pa-Auk Tawya
Society (Pyin Oo Lwin)





Buddhasāsanam

Ciraṃ Tiṭṭhatu !

愿佛陀教法久住！

May the Buddha's

Dispensation Last Long!

Cầu mong Phật Pháp trường tồn!

