Karaniya Metta Sutta
《慈經》Discourse On Loving-kindness

Karanîya - mattha kusalêna - yantam santam padam abhisamecca,
Sakkô ujû ca sûjû ca - suvaco cassa mudu anati mâni.
One who is skilled in aims and wishes to attain that state of Calmness [Nibbana] should act thus:
He should be able, straight, exceedingly straight, easy to instruct, gentle, and not proud.
爲了解脫、獲得甯靜，善達目標者應當這樣做: 能幹、端正、正直、易教、溫和、不自滿、

Santussakô ca subharô ca - appa kicco ca salla-huka vutti,
Santindriyô ca nipakô ca - appagabbhô kulêsu ananugiddhô.
Contented, he ought to be easy to support. Not over-busy, and simple in living.
Tranquil his senses, let him be prudent, And not brazen, nor attached to families.
知足、易養、少管事、生活簡樸、 諸根寂靜、技能完善、穩健不粗魯、對供養者不貪。

Na ca khuddam samâcarê kinci - yêna viññu parê upavadeyyum
Sukhinô vâ kheminô hontu - Sabbê sattâ bhavantu sukhitattâ.
Let him not perform the slightest wrong for which the wise may later reprove.
[Let him cultivate this thought:] :May all beings be happy and safe. May they all be happy at heart.
不做任何事後將受智者指責之事。要培育這樣的願想: 願一切衆生喜樂、平安，願一切衆生心有喜樂。

Yêkêci pâna bhûtatthi - tasâ vâ thâvarâ vâ anava, sêsâ,
Dîghâ vâ yê mahantâ vâ -- majjhimâ rassakâ - nuka thûlâ.
Whatever living beings there may be — feeble or strong,
long, stout, or of medium size, short, small, or large.
一切衆生，無論軟弱、强大、長、大、中等、短小、精細、粗顯、

Ditthâ vâ yêva adtitthâ - yêca dûrê vasanti avidûrê,
Bhûta vâ sambhavêsi vâ - sabbê sattâ bhavantu sukhitattâ.
Whether visible or invisible. And those dwell far or near.
The born and those seeking birth. May all beings be happy at heart.
可見、不可見、遠、近、已出生的、將投生的: 願一切衆生心有喜樂。

Na parô param nikubbêtha - nâti mañnêtha katthaci nam kanci,
Byârôsanâ patigha sañnâ - nâñña - mañnassa dukkha miccheyya.
May no one deceive another or despise anyone anywhere,

or through anger or irritation wish for another to suffer.
願人們不相互欺騙、不鄙視任何地方的任何人，不以怒意、敵意，願他人受苦。

Mâtâ yathâ niyam puttam - âyusâ êka putta manu rakkhe,
Êvampi sabba bhûtêsu - mânasam bhâvayê aparimânam.
Just as a mother would risk her life to protect her child, her only child.
Even so should one cultivate boundless love with regards to all beings.
如一位母親捨命保護親子、獨子，他更應當對一切衆生，長養無量慈心。

Mettam ca sabba lôkasmin - mânasam bhâvayê aparimânam,
Uddham adhô ca tiriyam ca - asambâdham avêram asapattam.
Let him radiate boundless love towards the entire world. Above, below and across.
Love that is unhindered, free from ill will and enmity.
以對全宇宙的善意，長養無量之慈愛，自上、自下、遍及四周，無障礙、無敵意與恨意。

Titttham caram nisinnô vâ - sayâno vâ yâva tassa vigata middho,
Êtam satim adhittheyya -- brahma mêtam vihâram idhamâhu.
Standing, walking, sitting or reclining, as long as he is alert,
let him develop this mindfulness. This, they say, is Divine Abiding here.
無論站、行、坐、臥，凡清醒時，他應當確立此念。他們稱此爲即時即地的梵住之心。

Ditthin ca anupa gamma - sîlavâ dassanêna sampanno,
Kâmêsu vineyya gêdham - nahi jâtu gabbhaseyyam punarêtiti.
Not taken with views — being virtuous, endowed with insight,
lust in the senses discarded — indeed never again will he return to conceive in a womb.
不受邪見左右，而有戒德與具足知見，斷除了感官貪欲，他將不再受生。