

Exploring the Ancient Path in the Buddha's Own Words

Lesson 1.4.7

Karaṇīyametta Suttaṃ Pursuing their own Good – Part One



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Karaṇīyametta Suttaṃ	Pursuing their own Good
<i>Yassānubhāvato yakkhā, neva dassenti bhīsanāṃ.</i>	<i>By the power of this sutta the Yakkhas do not show fearful visions.</i>
<i>Yañhi cevānuyuñjanto, rattindivamatandito;</i>	<i>A person who is engaged in and practising metta day and night,</i>
<i>Sukhaṃ supati sutto ca, pāpaṃ kiñci na passati</i>	<i>Sleeps peacefully, and while sleeping, does not have bad dreams</i>
<i>Evamādi guṇūpetāṃ, parittaṃ taṃ bhaṇāmahe.</i>	<i>Endowed with such qualities, let us recite this paritta.</i>
<i>Karaṇīyamattakusalena, yantaṃ santaṃ padaṃ abhisamecca;</i>	<i>One who is skilled in welfare and who wishes to attain the ultimate peace,</i>
<i>sakko ujū ca suhujū ca, suvaco cassa mudu anatiṃānī.</i>	<i>Should be able, upright, very upright, soft-spoken, gentle, and humble.</i>
<i>Santussako ca subharo ca, appakicco casallahukavutti;</i>	<i>One should be contented, easily supported, with few involvements and few wants</i>
<i>santindriyo ca nipako ca, Appagabbho kulesvananugiddho</i>	<i>With senses calmed, discreet, not impudent, and not be greedily attached to families.</i>
<i>Na ca khuddaṃ samācare kiñci, yena viññū pareupavadeyyuṃ;</i>	<i>One should not commit the slightest wrong for which one might be censured by the wise.</i>
<i>sukhino vā khemino hontu, sabbe sattā bhavantusukhitattā.</i>	<i>May all beings be happy and secure, may they be happy within themselves.</i>