

DHARMA / PĀLI

METTĀ
LOVING KINDNESS

BRAHMAVIHĀRAS



Sarva mangalam Bhavatu, Bhavatu, Bhavatu
May peace pervade the entire world.

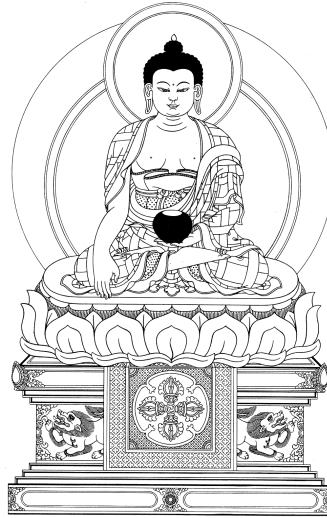
Taking Refuge in the Triple Gem

बुद्ध *Buddham Saranam Gacchâmi*
I take refuge in the Buddha,
the qualities of the enlightened mind.

धम्म *Dhammam Saranam Gacchâmi*
I take refuge in the Dharma,
the profound teachings of the enlightened ones.

सङ्घ *Sangham Saranam Gacchâmi*
I take refuge in the Sangha,
the company of noble beings.

3x



SAKYAMUNI // GAUTAMA BUDDHA

Majjhima Nikāya: 21:11 // Kakacūpama Sutta

Herein, wise ones, you should train thus:

I shall abide compassionate for other's welfare,
with a mind of loving-kindness,
without inner hate.

I shall abide pervading the all-encompassing
world with a mind imbued with loving-kindness,
abundant, exalted, immeasurable,
without hostility and without ill will.

That is how you should train, wise ones.