



## Caturappamaññā-Obhāsanam (Pāli)

(Hānda mayam caturappamaññā obhāsanam karomase)

[Mettā-saḥaḡaṭena] cetasā ekaṃ disaṃ phaṛiṭvā vihaṛaṭi  
Tāthā dutiyaṃ taṭhā tatiyaṃ taṭhā caṭutthaṃ  
Iti uddhamadho tiriyaṃ sabbadhī sabbattatāya  
Sabbāvantam lokam mettā-saḥaḡaṭena cetasā  
Vipulena mahaggaṭena appamaññena averena abyāpajjhena phaṛiṭvā vihaṛaṭi

Karuṇā-saḥaḡaṭena cetasā ekaṃ disaṃ phaṛiṭvā vihaṛaṭi  
Tāthā dutiyaṃ taṭhā tatiyaṃ taṭhā caṭutthaṃ  
Iti uddhamadho tiriyaṃ sabbadhī sabbattatāya  
Sabbāvantam lokam karuṇā-saḥaḡaṭena cetasā  
Vipulena mahaggaṭena appamaññena averena abyāpajjhena phaṛiṭvā vihaṛaṭi

Mudītā-saḥaḡaṭena cetasā ekaṃ disaṃ phaṛiṭvā vihaṛaṭi  
Tāthā dutiyaṃ taṭhā tatiyaṃ taṭhā caṭutthaṃ  
Iti uddhamadho tiriyaṃ sabbadhī sabbattatāya  
Sabbāvantam lokam mudītā-saḥaḡaṭena cetasā  
Vipulena mahaggaṭena appamaññena averena abyāpajjhena phaṛiṭvā vihaṛaṭi

Upekkhā-saḥaḡaṭena cetasā ekaṃ disaṃ phaṛiṭvā vihaṛaṭi  
Tāthā dutiyaṃ taṭhā tatiyaṃ taṭhā caṭutthaṃ  
Iti uddhamadho tiriyaṃ sabbadhī sabbattatāya  
Sabbāvantam lokam upekkhā-saḥaḡaṭena cetasā  
Vipulena mahaggaṭena appamaññena averena abyāpajjhena phaṛiṭvā vihaṛaṭi ti