

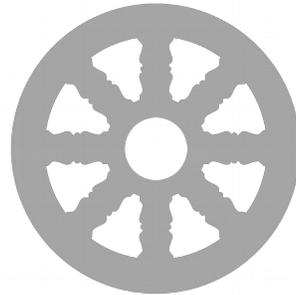
Three Discourses of the Buddha

Buddha Meditation Centre
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Mahamevnawa Buddhist Monastery

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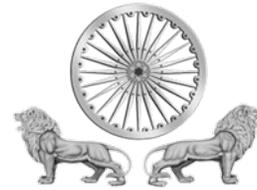
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The Discourse on Blessings

The Jewel Discourse

*The Discourse on
Loving-Kindness*



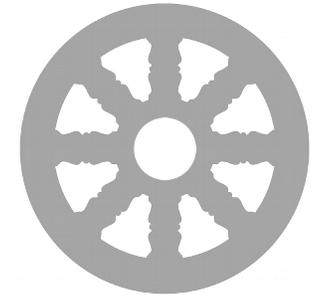
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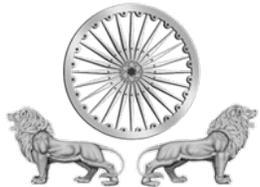
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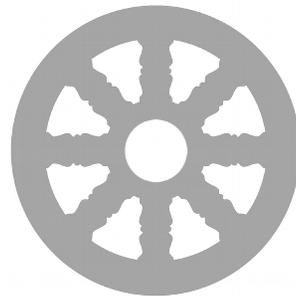
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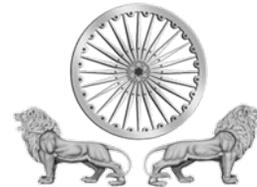
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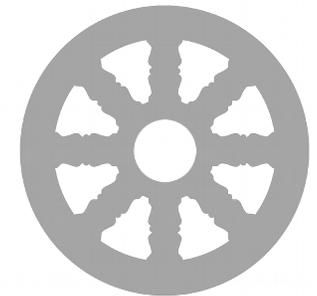
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The Discourse on Blessings

The Jewel Discourse

*The Discourse on
Loving-Kindness*

These three discourses of the Buddha are often chanted every day by Buddhists. The Discourse on Blessings teaches about ways to collect good karma. The Jewel Discourse explains the qualities of the Buddha, his teachings, and those who have followed his teachings to the point of enlightenment. The Discourse on Loving-Kindness explains both the qualities of loving-kindness as well as someone who hopes to develop it. All three discourses can be found in the collection called The Sutta Nipata.

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8. One should cultivate for all the world a heart of boundless loving-kindness, above, below, and all around, unobstructed, without hatred or resentment.

9. Whether standing, walking or sitting, lying down or whenever awake, one should develop this mindfulness. This is called “divinely dwelling here.”

10. Not falling into wrong views, but virtuous and possessing right view, removing desire for sensual pleasures, one comes never again to birth in the womb.

Etena saccena suvatthi hotu!
By this truth, may there be
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sure. May all beings be happy and secure! May all beings have happy minds!

4. Whatever living beings there may be without exception: timid or fearless; long or large, medium, short, subtle or gross,

5. Visible or invisible, living near or far, born or coming to birth, may all beings have happy minds!

6. Let no one deceive another, nor despise anyone anywhere. Neither from anger nor ill will should anyone wish harm to another.

7. As a mother would risk her own life to protect her only child, even so towards all living beings, one should cultivate boundless loving-kindness.

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Maha Maṅgala Suttam **Discourse on Blessings**

Thus have I heard: On one occasion, the Blessed One was living in Sāvatti at Jetavana at Anātha-piṇḍika's monastery. Now when the night was far advanced, a certain deity, whose surpassing radiance illuminated the whole of Jetavana, approached the Blessed One, respectfully saluted him and stood to one side. Standing thus, he addressed the Blessed One in verse:

1. Many deities and humans longing for happiness have pondered on the questions of blessings. Pray, tell me what are the highest blessings?

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1. Many deities and humans longing for happiness have pondered on the questions of blessings. Pray, tell me what are the highest blessings?

2. Not to associate with the foolish but to associate with the wise and to honor those worthy of honor these are the highest blessings.

3. To reside in a suitable locality to have performed meritorious actions in the past, and to set oneself in the right direction these are the highest blessings.

4. Vast learning, skill in handicraft, well grounded in discipline and pleasant speech these are the highest blessings.

5. To support one's father and mother, to cherish one's wife and children, and to be engaged in peaceful occupations these are the highest blessings.

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By this truth, may there be well-being!

Karaniya Metta Sutta **Discourse on** **Loving Kindness**

1. One skilled in good wishing to attain that state of peace Nibbāna should act thus: he should be clever upright, exceedingly upright, obedient, gentle and humble.

2. He should be content, easy to support, with few duties, living lightly, controlled in senses, discerning, courteous and unattached to families.

3. One should not do any slight wrong which the wise might cen-

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out just as this lamp has done. In the Saṅgha is this precious jewel. By this truth may there be well-being!

15. Whatever beings are assembled here, whether on the earth or in the sky, we respectfully worship the Buddha, honored by gods and humans. May there be well-being!

16. Whatever beings are assembled here, whether on the earth or in the sky, we respectfully worship the Dhamma, honored by gods and humans. May there be well-being!

17. Whatever beings are assembled here, whether on the earth or in the sky, we respectfully worship the Saṅgha, honored by gods and humans. May there be well-being!

Etena saccena suvatthi hotu!

6. Generosity, righteous conduct, giving assistance to relatives, and doing blameless deeds these are the highest blessings.

7. To cease and abstain from evil, to abstain from intoxicating drinks, and to be diligent in practising the Dhamma these are the highest blessings.

8. Paying reverence to those who are worthy of reverence, humility, contentment, gratitude, and the timely hearing of the Dhamma these are the highest blessings.

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10. Self-control, chastity, understanding the Noble Truths, and the realization of Nibbāna these are the highest blessings.

11. The mind that is not touched by the ups and downs of life; the mind that is free from sorrow, stainless and secure these are the highest blessings.

12. Those who have achieved these blessings are victorious everywhere, and they succeed in all their goals. For them, these are the highest blessings.

Etena saccena suvatthi hotu!
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well-being!

12. Like woodland groves in blossom in the first heat of summer, is the sublime Dhamma taught by the Buddha leading to Nibbāna, and giving the highest happiness. In the Buddha is this precious jewel. By this truth may there be well-being!

13. The excellent Supreme Buddha, the knower of Supreme Nibbāna, the giver of Supreme Nibbāna, the bringer of Supreme Nibbāna, taught the excellent Dhamma. In the Buddha is this precious jewel. By this truth may there be well-being!

14. The liberated ones' old kamma is destroyed with no new arising, their minds not drawn to future birth. Their old seeds destroyed with no more growing. The Arahants fade

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existence. In the Saṅgha is this precious jewel. By this truth may there be well-being!

10. For one who has attained to right view, three fetters are at once abandoned: self-centred view, doubt and clinging to wrong practices. Freed from the four planes of misery, he is incapable of committing the six major wrong-doings that lead to hell. In the Saṅgha is this precious jewel. By this truth may there be well-being!

11. Though he might do some evil deed by body, speech or mind, he cannot hide it; such is impossible for one who has seen the Dhamma. In the Saṅgha is this precious jewel. By this truth may there be well-being!

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Ratana Suttam **The Jewel Discourse**

1. Whatever beings are assembled here, whether on the earth or in the sky, may all these beings have happy minds. Listen closely to my words.

2. Pay attention all you beings. Show kindness to those humans who, by day and by night, offer much merit to you. Therefore, guard them diligently.

3. Whatever treasure in this world or in other worlds; or whatever precious jewel is in the heavens, none is equal to the Buddha. In the Buddha is this precious jewel. By this truth may there be well-being!

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3. Whatever treasure in this world or in other worlds; or whatever precious jewel is in the heavens, none is equal to the Buddha. In the Buddha is this precious jewel. By this truth may there be well-being!

4. The calm Sakyan sage found the undefiled dispassionate, deathless, Nibbāna; there is nothing equal to that state. In the Dhamma is this precious jewel. By this truth may there be well-being!

5. That purity praised by the Buddha called concentration with immediate result; that concentration has no equal. In the Dhamma is this precious jewel. By this truth may there be well-being!

6. The Eight Persons praised by the wise, these Four Pairs are the gift-worthy disciples of the Well-Gone-One. Gifts given to them yield abundant fruit. In the Saṅgha is this precious jewel. By this truth may there be well-being!

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7. Those who are well trained, freed from all defilements, and with minds firm in Gotama Buddha's training, upon attaining Nibbāna, they plunge into the Deathless, freely enjoying the liberation they have gained. In the Saṅgha is this precious jewel. By this truth may there be well-being!

8. As a stone post firmly grounded in the earth, cannot be shaken by the four winds, so is the superior person, I say, who clearly sees the Noble Truths. In the Saṅgha is this precious jewel. By this truth may there be well-being!

9. Those who comprehend the Noble Truths, well taught by the Buddha of deep wisdom, no matter how negligent, would not take an eighth

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4. The calm Sakyan sage found the undefiled dispassionate, deathless, Nibbāna; there is nothing equal to that state. In the Dhamma is this precious jewel. By this truth may there be well-being!

5. That purity praised by the Buddha called concentration with immediate result; that concentration has no equal. In the Dhamma is this precious jewel. By this truth may there be well-being!

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