

Karaṇīya Metta Sutta

Mele Lokomaikaʻi

With translations into Hawaiian and English, and notes
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1:

Eia nā ʻano e pono ai ke hana
Ka mea i hialoa i ka ʻike ʻiʻo
Ma muli o ka ʻike lihi i ke kūlana maluhia
Me ia ka hiki, ka pono, a ke kūpono,
Ke akahai, ka waipahē, a me ka hoʻokano ʻole

2:

ʻOluʻolu nō i ka mea loaʻa,
Pili pono i ka hana a maʻalahi ka nohona.
Mālie ka ʻike me ka lono, mahaoʻo nō,
Me ka mahaʻoi ʻole a māhilo paha.

3:

ʻAʻole e hana i kahi mea iki
A ka naʻauao e hoʻohalahala ai.
E ʻolu a palekana mai ʻō a ʻō
A ʻolu ka nohona o nā mea a pau.

4:

E ʻolu nā mea ola
Koe koena ʻole
Haʻalulu a ʻonipaʻa paha,
Lōʻihi, nunui, a waena hoʻi,
Pōkole, ʻuʻuku, a kūāhewa nō...

5:

E ʻolu ka honona o nā mea a pau
Inā ʻike ʻia a kīhēhē paha
ʻO ko ʻō lā, a ko ʻoneʻi hoʻi,
Nā mea e ola nei, a e ʻōʻili mai ana.

6:

Mai ho'opunipuni kekahi i kekahi
A ho'okano aku i kekahi wahi mea
Mai mana'o hō'ino aku iā ha'i
No ka ukiuki me ke kuapu'e o loko.

7:

Kohu makuahine e ho'opalekana loa ana
I kāna keiki hānau kahi-me ka mōliaola
Pēlā ke 'ano e mālama mau ai
I nā mea ola a pau loa, a palena 'ole.

8:

E mālama i ka lokomaika'i palena 'ole,
No ke ao holo'oko'a ē;
A i luna, i lalo, i 'ō, i 'ane'i,
Me ka inaina a ho'okae 'ole
E kōi ma'ema'e wale aku ai.

9:

Inā kū, a hele, a noho, a moe iho paha,
'Oiai ala maila ka no'ono'o
E kūpa'a mau kēia kau 'ana o nā maka
Kapa 'ia he 'ano lani iholā, 'ānō nei ē.

10:

Pa'a 'ole i ka 'ikena, kū i ka pono
Me ke akāka le'a e kō pono ai
A a'o 'ia iho ka make'e 'ole i ka le'a
Kū iholā ke ko'u me ka hānau hou.