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## KHANDHA PARITTA

VIRŪPAKKHEHI ME METTAṂ  
METTAṂ ERĀPATHEHI ME  
CABYĀPUTTEHI ME METTAṂ  
METTAṂ KAṆHĀGOTAMAKEHI CA

APĀDAKEHI ME METTAṂ  
METTAṂ DIPADĀKEHI ME  
CATUPPADEHI ME METTAṂ  
METTAṂ BAHUPPADEHI ME

MĀ MAṂ APĀDAKO HIṂSI  
MĀ MAṂ HIṂSI DIPĀDAKO  
MĀ MAṂ CATUPPADO HIṂSI  
MĀ MAṂ HIṂSI BAHUPPADO

SABBE SATTĀ SABBE PĀṆĀ  
SABBE BHŪTĀ CA KEVALĀ  
SABBE BHADRĀNI PASSANTU  
MĀ KIṆCI PĀPAMĀGAMĀ

APPAMĀṆO BUDDHO  
APPAMĀṆO DHAMMO  
APPAMĀṆO SAṄGHO  
PAMĀṆAVANTĀNI SIRIṂSAPĀNI  
AHI VICCHIKĀ SATAPADĪ  
UṆṆĀNĀBHĪ SARABŪ MŪSIKĀ

KATĀ ME RAKKHĀ KATĀ ME PARITTĀ  
PAṬIKKAMANTU BHŪTĀNI  
SOHAṂ NAMO BHAGAVATO  
NAMO SATTANNAṂ SAMMĀSAMBUDDHĀNAṂ

**PARITTA PERLINDUNGAN DARI ULAR DLL.**

Cinta kasihku kepada suku ular-ular Virupakkha  
Cinta kasihku kepada suku ular-ular Erapatha  
Cinta kasihku kepada suku ular-ular Chabyaputta  
Cinta kasihku kepada suku ular-ular Kanthagotamaka

Cinta kasihku kepada makhluk-makhluk tanpa kaki  
Cinta kasihku kepada makhluk-makhluk berkaki dua  
Cinta kasihku kepada makhluk-makhluk berkaki empat  
Cinta kasihku kepada makhluk-makhluk berkaki banyak

Semoga kami tidak mendapat susah dari makhluk-makhluk tanpa kaki  
Juga tidak dari makhluk-makhluk berkaki dua  
Semoga makhluk-makhluk berkaki empat tidak menyusahkan kami  
Semoga makhluk-makhluk berkaki banyak tidak menyusahkan kami

Semoga semua makhluk hidup  
Semua yang dilahirkan dan yang belum lahir  
Semoga semua tanpa terkecuali mendapat kebahagiaan  
Semoga mereka bebas dari penderitaan

Tak terhinnga adalah kebijaksanaan Sang Buddha  
Tak terhinnga adalah kebijaksanaan Dhamma  
Tak terhinnga adalah kebijaksanaan Sangha  
Terbebaslah makhluk-makhluk melata  
Seperti ular-ular, ketonggeng-ketonggeng, lipan, lambah-lambah dan tikus

Telah kami panjatkan doa perlindungan  
Telah kami panjatkan paritta-paritta yang suci  
Silahkan makhluk-makhluk pergi dengan damai  
Terpujilah Sang Bhagava  
Terpujilah tujuh Samma Sambuddha.

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## **THE GROUP PROTECTION**

From me there is Loving-kindness towards Virupakkhas, towards Erapathas, there is Loving-kindness, from there is Loving-kindness towards Chabyaputtas, towards Kandhagotamakas there is Loving-kindness;

From me there is Loving-kindness towards the footless, towards the two-footed there is Loving-kindness; from me there is Loving-kindness towards the four-footed, towards the many-footed there is Loving-kindness;

Let not the footless do me harm, two-footed - let them harm me not, let not the four-footed do me harm, many-footed - let them harm me not;

All creatures, all that live, all beings-all of them together may they know what is auspicious, may never evil come to them.

Measureless the Buddha! Measureless the Dhamma! Measureless the Sangha! But measurable are creeping things, snakes, scorpions, centipedes, spiders, lizards, mice.

Their safety has been done by me; their protection has been done by me. May these beings return to their abodes! That I (who have safeguarded and protected them) worship the Lord, worship the seven fully Enlightened Ones.

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