

1	Karaṇīyamatthakusalena, Yanta santam padam abhisamecca; Sakko ujū ca suhujū ca, Sūvaco cassa mudu anantimānī,	<i>Eia nā ‘ano e pono ai ke hana Ka mea i hialoa i ka ‘ike ‘i‘o Ma muli o ka ‘ike lihi i ke kūlana maluhia Me ia ka hiki, ka pono, a ke kūpono, Ke akahai, ka waipahē, a me ka ho‘okano ‘ole.</i>	Here is what is worth doing By one skilled in what is [truly] meaningful: Having glimpsed the place of peace, [They] should be capable, honest, and very upright, Easy to speak to, gentle, and not thinking themselves above [others],
2	Santussako ca subharo ca, Appakicco ca sallahukavutti; Santindriyo ca nipako ca, Appagabbho kulesvananugiddho.	<i>‘Olu‘olu nō i ka mea loa‘a, Pili pono i ka hana a ma‘alahi ka nohona. Mālie ka ‘ike me ka lono, mahao‘o nō, Me ka maha‘oi ‘ole a mākilo paha.</i>	Contented, and easy to support, Not too busy, and living lightly, Tranquil in seeing and sensing, and wise, Not too forward, nor greedy for patrons.
3	Na ca khuddamācare kiñci, Yena viññū pare upavadeyyū; Sukhino va khemino hontu, Sabbasattā bhavantu sukhittā.	<i>‘A‘ole e hana i kahi mea iki A ka na‘auao e ho‘ohalahala ai. E ‘olu a palekana mai ‘ō a ‘ō A ‘olu ka nohona o nā mea a pau.</i>	And one should not do the slightest thing With which other wise ones might find fault. [Wishing] may all have ease and safety, May all beings be in a state of ease.
4	Ye keci pāṇabhūtatthi, Tasā vā thāvarā vanavasesā; Dīghā vā ye va mahantā, Majjhima rassakā aṇukathulā.	<i>E ‘olu nā mea ola Koe koena ‘ole Ha‘alulu a ‘onipa‘a paha, Lō‘ihi, nunui, a waena ho‘i, Pōkole, ‘u‘uku, a kūāhewa nō...</i>	Whatever living creatures there are – without exception – trembling or steady, Long, huge, or middle-sized, Short, tiny, or massive,
5	Diṭṭhā vā ye va adiṭṭhā, Ye va dūre vasanti avidūre; Bhūtā va sambhavesī va, Sabbasattā bhavantu sukhittā.	<i>E ‘olu ka honona o nā mea a pau Inā ‘ike ‘ia a kīhēhē paha ‘O ko ‘ō lā, a ko ‘one‘i ho‘i, Nā mea e ola nei, a e ‘ō‘ili mai ana.</i>	Whether seen or unseen, And whether living far or near, Whether in existence or coming into being, May all beings be in a state of ease.
6	Na paro param nikubbetha, Nātimaññetha katthaci na kañci; Byārosanā paṭighasañña, Nāññamaññassa dukkhamiccheyya.	<i>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.</i>	Let no one deceive another, Or think themselves above anyone anywhere; Let no one wish suffering for any other, out of resentment or hateful thoughts.
7	Mātā yathā niyaṃputta, Māyusā ekaputtamanurakkhe; Evampi sabbabhūtesu, Mānasam bhāvaye aparimāṇam.	<i>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.</i>	Just as a mother would protect her own child - her only child - with her life, One should cultivate such a state of mind toward all beings without limit.
8	Mettañca sabbalokasmi, Mānasam bhāvaye aparimāṇam; Uddham adho ca tiriyañca, Asambādham averamasapattam.	<i>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 kōī ma‘ema‘e wale aku ai.</i>	And toward all the universe, One should cultivate a state of mind of goodwill without limit, - above, below, and all around - unobstructed, purified from enmity and hatred.
9	Tiṭṭham caram nisinno va, Sayāno yāvatāssa vitamidhho; Etaṃ satim adhiṭṭheyya, Brahmametaṃ vihāramidhamāhu.	<i>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 ihola, ‘ānō nei ē.</i>	Whether standing, moving, sitting or lying, For as long as one is yet to fall to sleep, One should be steadfast in this attentiveness, This is said to be divine abiding here and now.
10	Diṭṭhiñca anupaggamma, Silavā dassanena sampanno; Kāmesu vinaya gedham, Na hi jātuggabbhaseyya punaretīti.	<i>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 ihola ke ko‘u me ka hānau hou.</i>	Not fixed on a view, with virtuous conduct, Perfected through clarity of vision, Training away the greed for pleasures, One goes no more towards being conceived and born.