



Lullaby Blessings

by Bodhi Brew

A collection of lullabies inspired by the Mangala Sutta and a mother's universal loving-kindness.

11 songs • 11 languages • One universal Metta

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Track 1 - Moonlit Forest Dream
Language - Thai
Lyrics:

Thai Lyrics	Pronunciation	Meaning
จันทร์นวลส่องกลางไพร	Chan nuan song klang phrai	The soft moonlight shines in the middle of the forest.
สายลมไหวในราตรี	Sai lom wai nai ra- tree	The breeze stirs in the night.
หมู่ดาราพราวแสงดี	Mu dara phrao saeng dee	The group of stars shines brightly.
เฝ้าฝันนี้ทั้งคืนยาว	Fao fan nee thang khuen yao	Watching over this dream all night long.
เทพแสงทองย่องเบา เบา	Thep saeng thong yong bao bao	The golden light deity tiptoes in softly.
ผ่านพฤษาและหมู่ดาว	Phan phrueksa lae mu dao	Passing through the trees and the stars.
หลับเฝ้าหนาเจ้าแก้ว พราว	Lap thoet na chao kaew phrao	Sleep now, my sparkling jewel.
สุขสงบอยู่รอบกาย	Suk sa-ngop yu rop kai	Peace and calmness surround you.

Inspired by the opening of the Mangala Sutta when a deity visits.

Track 2 - Starlight Connection
Language - Korean
Lyrics:

Korean Lyrics	Pronunciation	Meaning
잠든 너의 작은 마음	Jam-deun neo-ui ja-geun ma-eum	Your sleeping little heart
지혜로운 사람 만나길	Ji-hye-ro-un sa-ram man-na-gil	May you meet a wise person
어둡고 나쁜 인연들은	Eo-dup-go na-ppeun in-yeon-deul-eun	May dark and bad relationships
멀리 멀리 떠나가길	Meol-li meol-li tteo-na-ga-gil	Go far, far away
세상 속의 귀한 사람	Se-sang sok-ui gwi-han sa-ram	A precious person in this world
네가 알아볼 수 있기를	Ne-ga a-ra-bol su it-gi-reul	May you be able to recognize them
그리고 그 따뜻한 마음	Geu-ri-go geu tta-tteut-han ma-eum	And that warm heart
아끼고 존중하길	A-kki-go jon-jung-ha-gil	May you cherish and respect it
별빛처럼 고운 인연	Byeol-bit-cheo-reom go-un in-yeon	A beautiful connection like starlight
늘 네 곁을 비춰주길	Neul ne gyeot-eul bi-chwo-ju-gil	May it always shine by your side
조용한 이 밤의 기도	Jo-yong-han i bam-ui gi-do	This quiet night's prayer
너를 오래 지켜주길	Neo-reul o-rae ji-kyeo-ju-gil	May it protect you for a long time

Track 3 - Ancestors' Blessings
Language - Japanese
Lyrics:

Japanese Lyrics	Pronunciation	Meaning
ありがとう 来てくれて	Arigatou kite kurete	Thank you for coming (to us)
ちいさな手を 抱きしめる	Chiisana te o dakishimeru	I hold your small hands tight
つよい雨も 悲しみも	Tsuyoi ame mo kanashimi mo	May strong rain and sadness
どうか避けて ゆけますように	Douka sakete yukemasu you ni	Please pass you by
むかしの善い めぐみ持ち	Mukashi no yoi megumi mochi	Carrying the good blessings of the past
やさしい道を 歩けるように	Yasashii michi o arukeru you ni	May you walk a gentle path
ひかりの中を まっすぐに	Hikari no naka o massugu ni	Straight through the light
清い心で 歩けるように	Kiyoi kokoro de arukeru you ni	May you walk with a pure heart
ねんね ねんね	Nenne, nenne	Sleep, sleep (lullaby)
月が見てる	Tsuki ga miteru	The moon is watching
風も眠る	Kaze mo nemuru	Even the wind is sleeping
どうか守られ	Douka mamorare	May you be protected
安らかに眠れ	Yasuraka ni nemure	Sleep peacefully
夢の中まで	Yume no naka made	Even in your dreams
幸せでいてね	Shiawase de ite ne	May you be happy

Track 4 - Inner Light
Language - Chinese
Lyrics:

Chinese Lyrics	Pinyin	Meaning
夜风吹呀吹	Yè fēng chuī ya chuī	The night breeze blows and blows
星光落进你眼里	Xīngguāng luò jìn nǐ yǎnlǐ	Starlight falls into your eyes
小小的呼吸	Xiǎoxiǎo de hūxī	Your little breaths
像世界最温柔的旋律	Xiàng shìjiè zuì wēnróu de xuánlǚ	Are like the gentlest melody in the world
愿你长大以后	Yuàn nǐ zhǎng dà yǐhòu	May you, when you grow up
看懂人海里的喜忧	Kàndǒng rénhǎi lǐ de xǐyōu	Understand the joys and sorrows in the crowd
学会在冷暖之间	Xuéhuì zài lěngnuǎn zhī jiān	Learn that between the cold and warm (ups and downs)
还愿意温柔	Hái yuànyì wēnróu	You are still willing to be gentle
愿你心里的光	Yuàn nǐ xīnlǐ de guāng	May the light in your heart
不会被黑夜带走	Bù huì bèi hēiyè dài zǒu	Never be taken away by the darkness
做对的事情时	Zuò duì de shìqíng shí	When doing the right thing
也能勇敢抬头	Yě néng yǒnggǎn táitóu	May you also be able to bravely look up
愿你说的话	Yuàn nǐ shuō de huà	May the words you speak
像春天细雨轻轻落	Xiàng chūntiān xiyǔ qīng qīng luò	Fall softly like the spring drizzle
让疲倦的人啊	Ràng píjuàn de rén a	So that tired people
听见也舍不得难过	Tīngjiàn yě shěbudé nánguò	Will not bear to be sad upon hearing them

如果世界太吵	Rúguǒ shìjiè tài chǎo	If the world is too noisy
就回来靠近我	Jiù huílái kàojìn wǒ	Just come back and stay close to me
月亮会陪着你	Yuèliàng huì péizhe nǐ	The moon will accompany you
慢慢睡着	Mànmàn shuìzhe	Until you slowly fall asleep
这一生很长	Zhè yīshēng hěn cháng	This life is very long
别急着寻找答案	Bié jízhè xúnzhǎo dá'àn	Don't be in a hurry to find the answers
只要你的心里	Zhǐyào nǐ de xīnlǐ	As long as in your heart
还留着善良	Hái liúzhè shànláng	You still keep kindness
闭上小眼睛	Bì shàng xiǎo yǎnjīng	Close your little eyes
梦会开出花香	Mèng huì kāi chū huāxiāng	Dreams will bloom with the fragrance of flowers
愿你平安快乐	Yuàn nǐ píng'ān kuàilè	May you be safe and happy
一路被爱欣赏	Yīlù bèi ài xīnshǎng	And be loved and appreciated all the way

Track 5 - Blessed Life
Language - Greek
Lyrics:

Greek Lyrics	Pronunciation	Meaning
Μικρό αστέρι στην κούνια μου	Mikró astéri stin kounia mou	Little star in my cradle
φως γλυκό στην αγκαλιά	fos glykó stin angaliá	sweet light in my arms
θα μας αγαπάς κι εσύ	tha mas agapás ki esý	will you love us too
όπως σ' αγαπά η καρδιά;	ópos s' agará i kardiá;	as the heart loves you?
Μια ζωή θ' ανοίξεις μόνος	Miá zoí th' anóixeis mónos	You will have your own life (when you grow up)
με δικό σου ουρανό	me dikó sou ouranó	with your own sky
κι είτε η αγάπη να γεμίζει	ki είτε i agápi na gemízei	and may love fill
κάθε σπίτι φωτεινό	káthe spíti foteinó	Your every house bright
Να 'χεις έργο ειρηνικό	Na 'cheis érgo eirínikó	May you have peaceful work
ψωμί πάντα στο τραπέζι	psomí pánta sto trapézi	bread always on the table
κι όλες οι ευχές του κόσμου	ki óles oi efchés tou kósmou	and all the wishes of the world
να 'ρχονται σαν καλοκαίρι	na 'rchontai san kalokaíri	to come like summer
Τώρα κλείσε τα ματάκια	Tóra kleíse ta matákia	Now close your little eyes
κοιμήσου στην αγκαλιά	koímísou stin angaliá	sleep in my arms
κι όνειρα με ουράνια τόξα	ki óneira me ouránia tóxa	and dreams with rainbows
να σε παίρνουν μακριά	na se paírnoun makriá	to carry you far away

Track 6 - Little Hero
Language - Russian
Lyrics:

Russian Lyrics	Pronunciation	Meaning
Маленький герой в моих руках	Malen'kiy geroy v moikh rukakh	Little hero in my arms
Спи спокойно в лунных облаках	Spi spokojno v lunnykh oblakakh	Sleep peacefully in the moonlit clouds
Пусть растёшь ты сильным и большим	Pust' rastesh' ty sil'nym i bol'shim	May you grow strong and big
Светлым сердцем, добрым и живым	Svetlym serdtsem, dobrym i zhivym	With a bright heart, kind and alive
Пусть твои ладони дарят свет	Pust' tvoi ladoni daryat svet	May your palms give light
И помогут людям много лет	I pomogut lyudyam mnogo let	And help people for many years
Пусть твой разум будет чист всегда	Pust' tvoj razum budet chist vsegda	May your mind always be pure
Не коснутся ложь его и тьма	Ne kosnutsya lozh' yego i t'ma	May neither lies nor darkness touch it
Баю-бай, мой ангел дорогой	Bayu-bay, moy angel dorogoy	Bye-bye (lullaby), my dear angel
Пусть хранит тебя весь мир большой	Pust' khranit tebya ves' mir bol'shoy	May the whole big world protect you
Словно звёзды в небе над землёй	Slovno zvyozdy v nebe nad zemloy	Like the stars in the sky above the earth
Будь правдивым, честным всей душой	Bud' pravdivym, chestnym vsey dushoy	Be truthful, honest with all your soul
Спи, мой маленький герой родной	Spi, moy malen'kiy geroy rodnoy	Sleep, my little dear hero
Мама рядом тихо над тобой	Mama ryadom tikho nad toboy	Mom is nearby, quietly above you

Пусть судьба ведёт тебя любя	Pust' sud'ba vedyot tebya lyubya	May fate lead you lovingly
И добро живёт внутри тебя	I dobro zhivyot vnutri tebya	And may goodness live inside you

Track 7 - Pure Heart
Language - Swahili
Lyrics:

Swahili Lyrics	Pronunciation	Meaning
Verse 1		
Lala, mtoto wangu, lala salama	La-la, m-to-to wa-ngu, la- la sa-la-ma	Sleep, my child, sleep in peace
Nyota zinakuangazia juu	Nyo-ta zi-na-ku-a-nga-zi-a juu	The stars are shining on you above
Ulizaliwa kuwa mwenye huruma	U-li-za-li-wa ku-wa mwe- nye hu-ru-ma	You were born to be compassionate
Na moyo wa shujaa mtulivu	Na mo-yo wa shu-ja-a m- tu-li-vu	And a heart of a calm warrior
Pre-Chorus		
Uichukie ovu, usiifuate	U-i-chu-ki-e o-vu, u-si-i-fu- a-te	Hate evil, do not follow it
Njia ya wema ishike sana	Nji-a ya we-ma i-shi-ke sa- na	Hold tightly to the path of goodness
Mwanga wa kweli ukuongoze	Mwa-nga wa kwe-li u-ku- o-ngo-ze	May the light of truth lead you
Kila siku, kila jana	Ki-la si-ku, ki-la ja-na	Every day, every yesterday
Chorus		
Linda wema wako kama hazina	Li-nda we-ma wa-ko ka- ma ha-zi-na	Protect your goodness like a treasure
Usiuze kwa dunia hii	U-si-u-ze kwa du-ni-a hii	Do not sell it for this world
Epuka vilevi kama sumu gizani	E-pu-ka vi-le-vi ka-ma su- mu gi-za-ni	Avoid intoxicants like poison in the dark
Moyo wako ubaki safi	Mo-yo wa-ko u-ba-ki sa-fi	So your heart remains pure
Ukue kuwa mtu wa kupendeza	U-ku-e ku-wa m-tu wa ku- pe-nde-za	Grow to be a pleasant person

Mwenye upendo na amani	Mwe-nye u-pe-ndo na a-ma-ni	Full of love and peace
Lala, mwanangu mpendwa	La-la, mwa-na-ngu m-pe-ndwa	Sleep, my beloved child
Malaika wakulinde usiku huu	Ma-la-i-ka wa-ku-li-nde u-si-ku huu	May angels protect you this night
Verse 2		
Ukikua katika dunia kubwa	U-ki-ku-a ka-ti-ka du-ni-a ku-bwa	As you grow in the big world
Usisahau yaliyo mema	U-si-sa-ha-u ya-li-yo me-ma	Do not forget what is good
Maneno yako yawe ya faraja	Ma-ne-no ya-ko ya-we ya fa-ra-ja	May your words be of comfort
Na mikono yako ilete jema	Na mi-ko-no ya-ko i-le-te je-ma	And may your hands bring good
Bridge		
Bahari ikipeperusha mawimbi	Ba-ha-ri i-ki-pe-pe-ru-sha ma-wi-mbi	If the sea tosses its waves
Na upepo ukivuma mbali	Na u-pe-po u-ki-vu-ma mba-li	And the wind blows far away
Uwe imara katika fadhila	U-we i-ma-ra ka-ti-ka fa-dhi-la	Be firm in your virtues
Kama taa gizani yawali	Ka-ma ta-a gi-za-ni ya-wa-li	Like a lamp shining in the dark

Track 8 - My Bright Star
Language - Spanish
Lyrics:

Spanish Lyrics	Pronunciation	Meaning
[Coro]		
A la ruru, niño, a la ruru ya	A la roo-roo, nee-nyo, a la roo-roo ya	Hush-a-bye, child, hush-a-bye now
Duerme, mi cielo, la noche llegó ya	Dwer-meh, mee syeh-lo, la no-cheh yeh-go ya	Sleep, my heaven (darling), the night has come now
A la ruru, ruru, mi dulce amor	A la roo-roo, roo-roo, mee dool-seh a-mor	Hush-a-bye, hush-a-bye, my sweet love
Duerme, mi vida, bajo el gran sol	Dwer-meh, mee vee-da, ba-ho el gran sol	Sleep, my life, under the great sun
[Verso 1]		
Crece con calma, mi niño heróico	Kreh-seh kon kal-ma, mee nee-nyo eh-ro-ee-ko	Grow with calm, my heroic child
Sé humilde de alma, de mente un sabio	Seh oo-meel-deh deh alma, deh men-teh oon sa-byo	Be humble of soul, a sage of mind
Busca aprender con el corazón	Boo-ska a-pren-der kon el ko-ra-son	Seek to learn with your heart
Que el saber es luz, paciencia y razón	Keh el sa-ber es looz, pa-syen-sya ee ra-son	For knowledge is light, patience, and reason
[Verso 2]		
Que viva en tu pecho la gratitud	Keh vee-va en too pe-cho la gra-tee-tood	May gratitude live in your chest (heart)
Satisfecho y libre en tu juventud	Sa-tees-feh-cho ee lee-breh en too hoo-ven-tood	Satisfied and free in your youth
Que escuches el Dhamma, la senda de paz	Keh es-koo-ches el Da-ma, la sen-da deh pas	May you listen to the Dhamma, the path of peace

Verdad que te guía y no morirá	Ver-dad keh teh gee-a ee no mo-ree-ra	A truth that guides you and will not die
[Outro]		
Duerme, mi bien	Dwer-meh, mee byen	Sleep, my dear
La paz del Dhamma te cuida también	La pas del Da-ma teh kwee-da tam-byen	The peace of the Dhamma also watches over you
A la ruru, ya... duerme ya	A la roo-roo, ya... dwer- meh ya	Hush-a-bye, now... sleep now

Track 9 - Good Life
Language - Hindi
Lyrics:

Hindi Lyrics	Pronunciation	Meaning
चंदा मामा आ गए, तारे चमके दूर	Chanda mama aa gaye, taare chamke door	The moon uncle has arrived, stars shine far away
सो जा मेरे लाडले, निंदिया में भरपूर	So ja mere laadle, nindiya mein bharpoor	Sleep, my beloved, fill yourself with sleep
लोरी गाए मैया तेरी, सुन ले मीठी तान	Lori gaaye maiya teri, sun le meethi taan	Your mother sings a lullaby, listen to the sweet tune
सो जा, सो जा, मेरे सुंदर मुस्कान	So ja, so ja, mere sundar muskaan	Sleep, sleep, my beautiful smile
धैर्य रख मेरे बच्चे, धीमे-धीमे सो	Dhairya rakh mere bachche, dheeme-dheeme so	Have patience my child, sleep slowly/gently
सपनों के आने का थोड़ा सब्र तुम करो	Sapnon ke aane ka thoda sabr tum karo	Have a little patience for dreams to arrive
मैया की छाती से लगकर, पा लो तुम विश्राम	Maiya ki chhaati se lagkar, pa lo tum vishram	Resting against mother's chest, find your rest
आज्ञाकारी बनना सदा, रखना मन को शांत	Aagyakaari banna sada, rakhna man ko shaant	Always be obedient, keep your mind calm
जब तुम बड़े होगे प्यारे, उत्तम मार्ग तुम पाना	Jab tum bade hoge pyaare, uttam marg tum paana	When you grow up, dear, find the righteous path
पवित्र संघ की संगति में, सारा जीवन बिताना	Pavitra sangh ki sangati mein, saara jeevan bitaana	Spend your whole life in the company of the holy Sangha
समय-समय पर करना तुम, धर्म की सुंदर चर्चा	Samay-samay par karna tum, dharm ki sundar charcha	From time to time, engage in beautiful discussions of Dhamma

सत्य की राह पे चलना सदा, तजकर सारा नशा	Satya ki raah pe chalna sada, tajkar saara nasha	Always walk the path of truth, renouncing all intoxication
सो जा... सो जा...	So ja... so ja...	Sleep... sleep...
धर्म के प्रकाश में, निंदिया आ जाए	Dharm ke prakash mein, nindiya aa jaaye	In the light of the Dhamma, may sleep come to you
सो जा मेरे लाल...	So ja mere laal...	Sleep, my dear son...

Track 10 - Purity
Language - French
Lyrics:

French Lyrics	Pronunciation	Meaning
[Refrain]		
Dodo, l'enfant do, ferme tes petits yeux	Do-do, lan-fan do, ferm te ptee-zee-ye	Hush-a-bye, baby, close your little eyes
Dors, mon bébé dors, sous le ciel radieux	Dor, mon be-be dor, soo le syel ra-dyeu	Sleep, my baby sleep, under the radiant sky
Dodo, l'enfant do, tout est calme et doux	Do-do, lan-fan do, too- te kal-me-doo	Hush-a-bye, baby, all is calm and soft
Dors, mon bébé dors, blotti contre nous	Dor, mon be-be dor, blo- tee kon-tre noo	Sleep, my baby sleep, snuggled against us
[Couplet 1]		
Les flammes de l'âtre dansent en clignant des yeux	Le flam-me de la-tre dan-se an klee-yan de- zye	The hearth flames dance, blinking their eyes
Pour chauffer ton cœur contre ce monde froid	Poor sho-fe ton keur kon-tre se mond frwa	To warm your heart against this cold world
Grandis mon enfant, le vouloir précieux	Gran-dee mon an-fan, le vou-loir pre-sy-eu	Grow, my child, with precious willpower
Sois fort dans ton être, sois digne de toi	Swa for dan ton e-tre, swa dee-nye de twa	Be strong in your being, be worthy of yourself
[Couplet 2]		
Que les vains désirs ne troublent pas ta paix	Ke le van de-zeer ne troo-ble pa ta pe	May vain desires not disturb your peace
Évite l'orage des passions qui mentent	E-vee-te lo-ra-je de pa- syon kee man-te	Avoid the storm of lying passions
Écoute le Bouddha, ses Vérités vraies	E-koo-te le Boo-da, se Ve-ree-te vre	Listen to the Buddha, his true Truths
Trouve la liberté, la paix grandissante	Troo-ve la lee-ber-te, la pe gran-dee-san-te	Find freedom, the growing peace

[Fin]		
Dors, mon bébé, dors	Dor, mon be-be, dor	Sleep, my baby, sleep
Dans la clarté du Dharma, s'endort ton corps	Dan la klar-te du Dar- ma, san-dor ton kor	In the clarity of the Dharma, your body falls asleep
Dodo... mon trésor	Do-do... mon tre-zor	Hush-a-bye... my treasure

Track 11 - Joyous
Language - English / Irish
Lyrics:

[Verse 1]

The daylight is fading, the shadows grow long,
The wind through the heather is singing its song.
The world is a river that twists and it turns,
But deep in the quiet, a steady light burns.
May the shifts of the earth leave you centered and still,
Like the roots of the oak on the crest of the hill.

[Chorus (The Hook)]

Seoithín seó, a ghrá, codladh sámh,
(Sho-heen sho, uh graw, kull-uh sawv)
Close your eyes, the stars are awake.
Seoithín seó, a ghrá, codladh sámh,
(Sho-heen sho, uh graw, kull-uh sawv)
Peace on the waters, and peace you shall take.

[Verse 2]

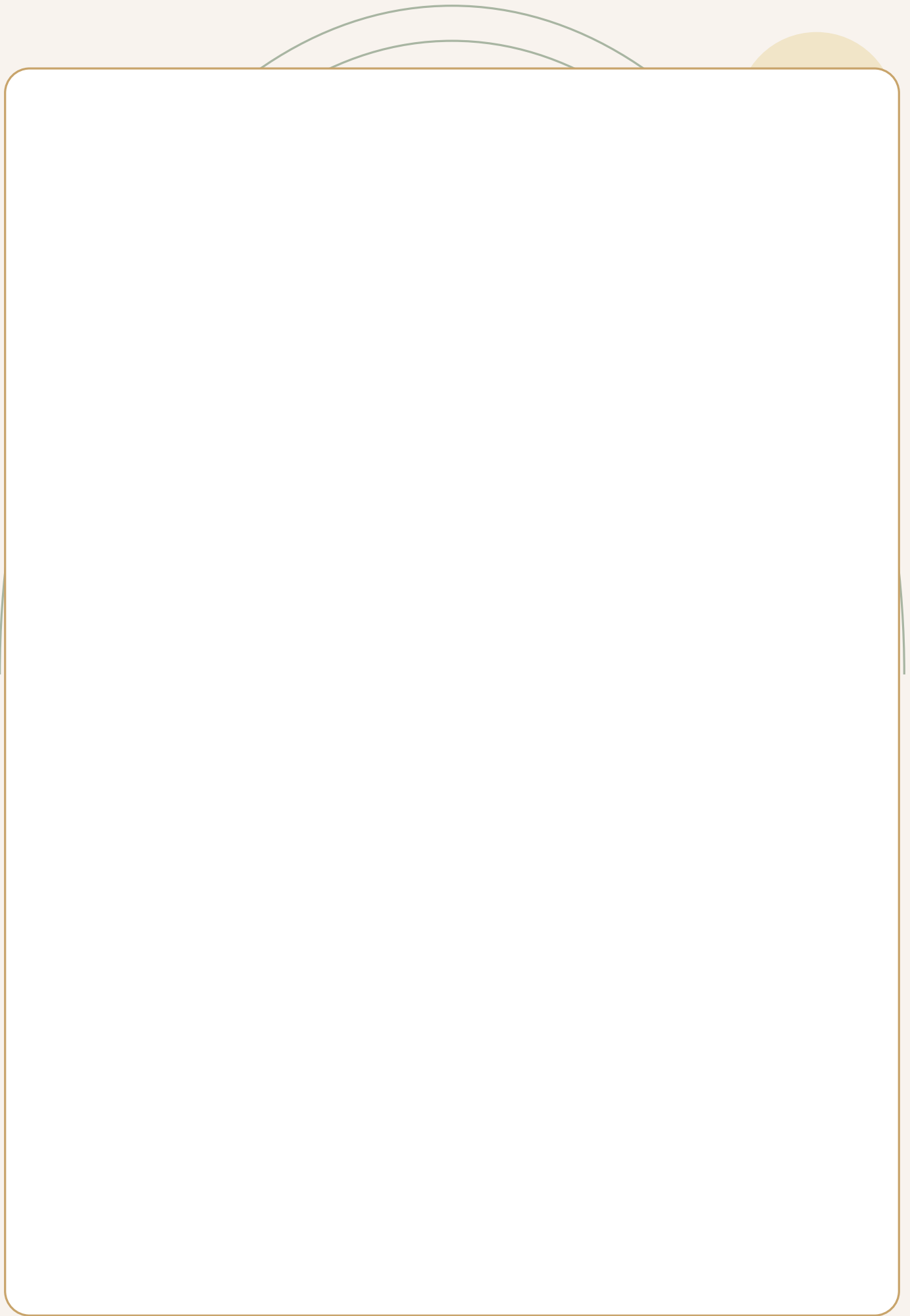
May sorrow pass by you and leave you untouched,
May fear be a shadow that fades at a touch.
I wish you the calm of a midsummer sky,
Where happiness rests and the gentle birds fly.
No ripples of worry, no storm in your chest,
Just the breathing of night as it sings you to rest.

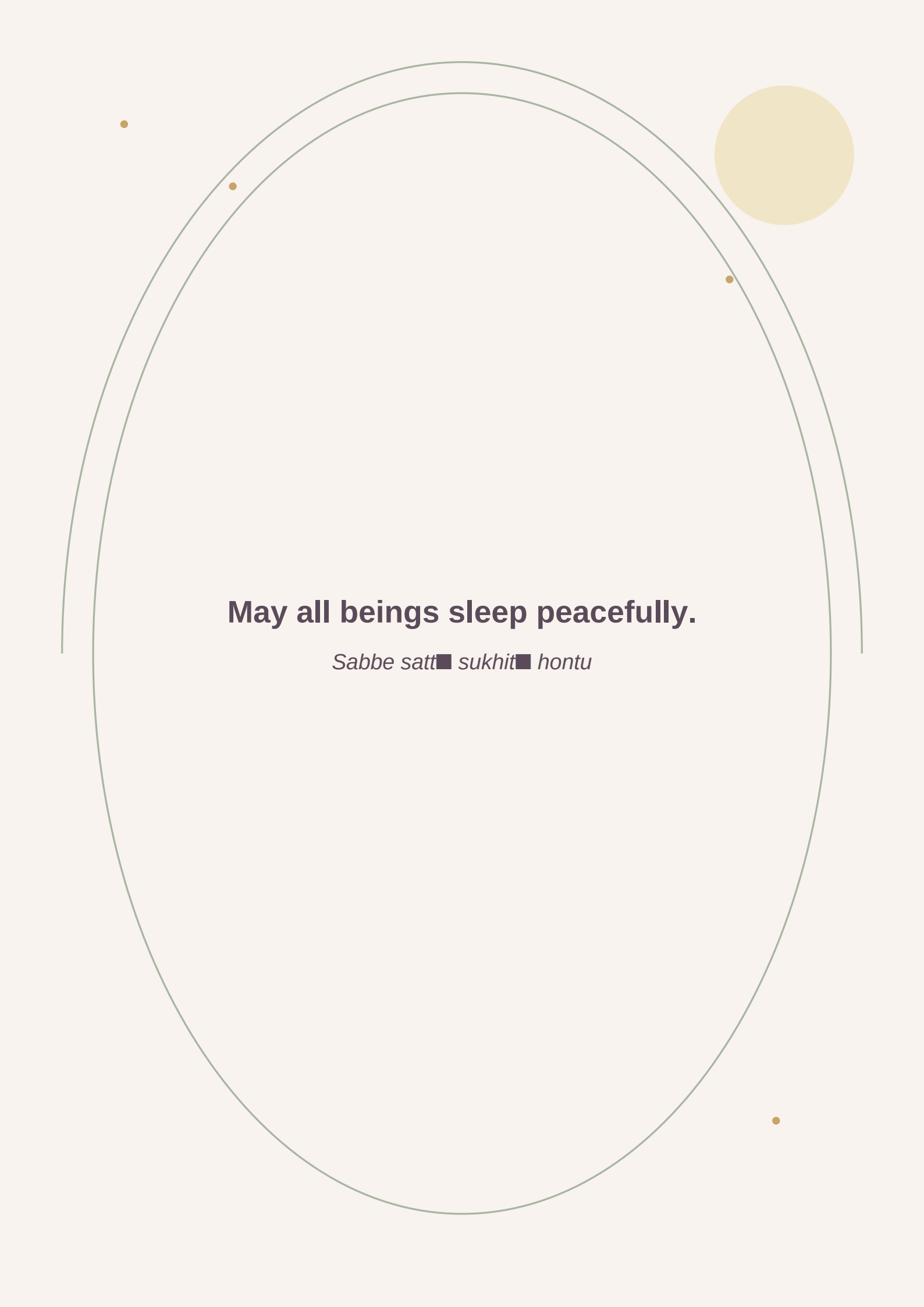
[Chorus]

Seoithín seó, a ghrá, codladh sámh,
(Sho-heen sho, uh graw, kull-uh sawv)
Close your eyes, the stars are awake.
Seoithín seó, a ghrá, codladh sámh,
(Sho-heen sho, uh graw, kull-uh sawv)
Peace on the waters, and peace you shall take.

[Outro]

Unruffled and peaceful...
Codladh sámh... (Sleep peacefully)
Safe from the changes...
A ghrá... (My love)
Seoithín seó...





May all beings sleep peacefully.

Sabbe satt■ sukhit■ hontu