

METTA SUTTA

Karanīya mattha kusalena
Yantam santam padam abhisamecca
Sakko ujū ca sūjū ca
Suvaco cassa mudu anatimāni

Santussako ca subharo ca
Appakicco ca sallahukavutti
Santindriyo ca nipako ca
Apagabbho kulesu ananugiddho

Naca khuddham samācare kiñci
Yena viññū pare upavadeyyum
Sukhino vā khemino hontu
Sabbe sattā bhavantu sukhi-tattā

Ye keci pāna bhūtatthi
Tasāvā thāvarā vā anavasesā
Dighā vā ye mahantā vā
Majjhimā-rassakānuka thūlā

Ditthā vā yeva aditthā
Ye ca dūre vasanti avidūre
Bhūtā vā sambhavesī vā
Sabbe sattā bhavantu sukhi-tattā

Na paro param nikubbetha
Nāti-maññetha katthaci nam kañci
Byāro-sanā patigha-saññā
Nāñña-maññassa dukkha miccheyya

Mātā yathā niyam puttam
Āyusā ekaputta-manurakkhe
Evampi sabba bhūtesu
Mānasam-bhāvaye aparimānam

Mettañ ca sabba lōkasmim
Mānasam bhāvaye aparimānam
Uddham adho ca tiriyañ ca
Asambādham averam asapattam

Tittham caram nisinno vā
Sayāno vā yāvat'assa vigatamiddho
Etam satim adhittheyya
Brahma metam vihāram idha-māhu

Ditthiñ ca anupagamma sīlavā
Dassanena sampanno
Kāmesu vineyya gedham
Nahi jātu gabbhaseyyam punaretī ti

DISCOURSE ON LOVING-KINDNESS

He who is skilled in good, and wishes to
attain that state of Peace, should act thus:
he should be able, upright, perfectly upright,
amenable to corrections, gentle and humble.

He should be contented, easy to support,
unbusy, simple in livelihood,
with senses controlled, discreet,
not impudent, and not greedily attached to families.

He would not commit any slight misdeeds
that other wise men might find fault in him.
May all beings be well and safe,
may their hearts rejoice.

Whatever beings there are —
weak or strong, long or short,
big, medium-sized or small, subtle or gross,

Those visible or invisible,
residing near or far, those that have come to be
or have yet to come, (without exceptions)
may all beings be joyful.

Let one not deceive nor despise
another person, anywhere at all.
In anger and ill-will,
let him not wish any harm to another.

Just as a mother would protect her
only child with her own life,
even so, let him cultivate boundless thoughts
of loving kindness towards all beings.

Let him cultivate boundless thoughts
of loving kindness towards the whole world —
above, below and all around,
unobstructed, free from hatred and enmity.

Whether standing, walking, seated
or lying down, as long as he is awake,
he should develop this mindfulness.
This they say, is the divine abiding here.

Not erroneous with views,
endowed with virtues and insight,
with sensual desires abandoned,
he would come no more to be conceived in a womb.