## 10. Karanīya Metta Suttaṁ—Discourse on Loving Kindness

1. One skilled in good wishing to attain that state of peace Nibbāna should act thus:  he should be clever  upright, exceedingly upright, obedient, gentle and humble.

2. He should be content,  easy to support, **** with few duties,  living lightly,  controlled in senses, discerning, **** courteous and unattached to families.

3. One should not do any slight wrong **** which the wise might censure. May all beings be happy and secure! May all beings have happy minds!

4. Whatever living beings there may be  without exception: timid or fearless;  long or large, medium, short, **** subtle or gross,

5. Visible or invisible, living near or far,  born or coming to birth, may all beings have happy minds!

6. Let no one deceive another, nor despise anyone anywhere. Neither from anger nor ill will should anyone wish harm to another.

7. As a mother would risk her own life **** to protect her only child,  even so towards all living beings,  one should cultivate boundless loving-kindness.

8. One should cultivate for all the world a heart of boundless loving-kindness,  above, below, and all around, unobstructed, without hatred or resentment.

9. Whether standing, walking or sitting, lying down or whenever awake,  one should develop this mindfulness. This is called “divinely dwelling here.”

10. Not falling into wrong views, **** but virtuous and possessing right view,  removing desire for sensual pleasures, **** one comes never again to birth in the womb.

Etena saccena suvatthi hotu!

By this truth, may there be well-being!