

10. Karaniya Metta Suttaṃ—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!