

Karaṇīyamettā Sutta

*The Discourse on
Loving-Kindness*

Khuddakapāṭha 9
Sutta Nipāta 1.9

**1. Karaṇīyamatthakusalena
Yaṃ taṃ santaṃ padaṃ abhisamecca
Sakko ujū ca sūjū ca
Suvaco cassa mudu anatimānī**

*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. Santussako ca subharo ca
Appakicco ca sallahukavutti
Santindriyo ca nipako ca
Appagabbho kulesu ananugiddho**

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

**3. Na ca khuddham samācare kiñci
Yena viññū pare upavadeyyum
Sukhino vā khemino hontu
Sabbe sattā bhavantu sukhittā**

*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. Ye keci pāṇabhūtatthī
Tasā vā thāvarā vā anavasesā
Dīghā vā ye mahantā vā
Majjhimā rassakāṇukathulā**

*4. Whatever living beings there may be •
without exception: •
timid, fearless, long or large, •
medium, short, tiny or huge.*

**5. Diṭṭhā vā yeva addiṭṭhā
Ye ca dūre vasanti avidūre
Bhūtā vā sambhavesī vā
Sabbe sattā bhavantu sukhittā**

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

**6. Na paro paraṃ nikubbetha
Nātimaññetha katthaci naṃ kañci
Byārosanā paṭighasaññā
Nāññamaññassa dukkhamiccheyya**

*6. Let no one deceive another, •
nor think highly of oneself. •
Do not speak harshly with anger. •
Wish no harm to another.*

**7. Mātā yathā niyaṃ puttam
Āyusā ekaputtamanurakkhe
Evam'pi sabbabhūtesu
Mānasam bhāvaye aparimāṇam**

*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. Mettaṃ ca sabba lokasmiṃ
Mānasaṃ bhāvaye aparimāṇaṃ
Uddhaṃ adho ca tiriyañca
Asambādhaṃ averaṃ asapattaṃ**

*8. One should spread to the whole world •
a heart of boundless loving-kindness, •
above, below, and all around, •
unhindered, without hatred or resentment.*

**9. Tiṭṭham̐ caram̐ nisinno vā
Sayāno vā yāvata'ssa vigatamiddho
Etaṃ satim̐ adhiṭṭheyya
Brahmametaṃ vihāram̐ idhamāhu**

*9. Whether standing, walking or sitting, •
lying down or whenever awake, •
one should develop this mindfulness. •
This is called “the dwelling of the brahmas.”*

**10. Diṭṭhiṃ ca anupagamma sīlavā
Dassanena sampanno
Kāmesu vineyya gedham
Na hi jātu gabbhaseyyaṃ punaretī'ti.**

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

Etena saccena suvatthi hotu!

By this truth, • may there be well-being!

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