

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 khuddhaṃ samācare kiñci
Yena viññū pare upavadeyyuṃ
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
Nāññaamaññassa 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 puttāṃ
Āyusā ekaputtamanurakkhe
Evam'pi sabbabhūtesu
Mānasā bhāvaye aparimāṇaṃ**

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
Mānasam bhāvaye aparimāṇam
Uddham adho ca tiriyaṇca
Asambādham averam asapattam**

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. Tiṭṭhaṃ caraṃ nisinno vā
Sayāno vā yāvata'ssa vigatamiddho
Etaṃ satim̐ adhiṭṭheyya
Brahmametaṃ vihāraṃ 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 gedhaṃ
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!