

## **KARAṆĪYA METTA SUTTA**

Karaṇīya mattha kusalena  
Yantaṃ santaṃ padaṃ  
abhisamecca  
Sakko ujū ca sūjū ca  
Suvaco cassa mudu anatimānī

Santussako ca subharo ca  
Appakicco ca sallahukavutti  
Santindriyo ca nipako ca  
Appagabbho kulesu ananu  
giddho

Na ca khuddaṃ samācare kiñci  
Yena viññū pare upavadeyyuṃ  
Sukhino vā khemino hontu  
Sabbe sattā bhavantu sukhitattā

Ye keci pāṇa bhūtatthi  
Tasāvā thāvarā vā anava sesā  
Dīghā vā ye mahantā vā  
Majjhimā rassa kāṇuka thūlā

Ditṭhā vā yeva additṭhā  
Ye ca dūre vasanti avidūre  
Bhūtā vā sambhavesī vā  
Sabbe sattā bhavantu sukhitattā

Na paro paraṃ nikubbetha  
Nāti maññetha kattaci naṃ  
kañci  
Byāro sanā paṭigha saññā  
Nāñña maññassa dukkha  
miccheyya

## **Discourse on Loving-Kindness**

*He who is skilled in doing good,  
and who wishes to attain the state  
of calm (Nibbāna) should act thus:  
He should be able, upright,  
perfectly upright,  
obedient, gentle and humble.*

*Contented, easily supportable,  
with few duties, simple in livelihood.  
Controlled in senses, discreet,  
not impudent, and  
not be greedily attached to families.*

*He should not commit any  
slight wrong,  
that other wise men  
might find fault in him.  
May all beings be happy and safe,  
may their hearts be happy.*

*Whatever living beings there are,  
weak or strong, without exception,  
long or short, large,  
medium or small, subtle or gross;*

*Those seen or unseen,  
those dwelling near or far,  
and those born or yet to be born,  
May all beings without  
exception, be happy.*

*Let not one deceive another nor  
despise any person  
whatsoever anywhere.  
Either in anger or ill-will,  
let him not wish each other harm.*

<p>Mātā yathā niyaṃ puttāṃ  Āyusā eka putta manu rakkhe  Evampi sabbe bhūtesu  Mānasāṃ bhāvaye aparimāṇāṃ</p>	<p><i>Just as a mother would protect  her only child  at the risk of her own life,  even so towards all beings,  let him cultivate a boundless  thoughts of loving kindness.</i></p>
<p>Mettañ ca sabba lokasmiṃ  Mānasāṃ bhāvaye aparimāṇāṃ  Uddhaṃ adho ca tiriyañ ca  Asambādhaṃ averaṃ  asapattāṃ</p>	<p><i>Let thoughts of boundless love  pervade the whole world,  above, below and across  without any obstruction,  without any hatred, without  any enmity.</i></p>
<p>Tiṭṭhaṃ caraṃ nisinno vā  Sayāno vā yāva tassa vigata  middho  Etaṃ satim addiṭṭheyya  Brahmam etaṃ vihāraṃ idha-  māhu</p>	<p><i>Whether he stands, walks, sits  or lies down, as long as he is awake,  let him develop this mindfulness.  This they say, is the divine  abiding here.</i></p>
<p>Diṭṭhiñ ca anupa gama sīlavā  Dassanena sampanno  Kāmesu vineyya gedhaṃ  Nahi jātu gabbha seyyaṃ  punaretī ti</p>	<p><i>Not falling into wrong views,  virtuous and  endowed with insight,  he discards attachment  to sensual desires.  Truly, he does not come again  to be conceived in a womb.</i></p>
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<p>Etena sacca vajjena  Sothī te hotu sabbada</p>	<p><i>By the firm determination of this truth,  may you ever be well.</i></p>
<p>Etena sacca vajjena  Sabba rogo vinassatu</p>	<p><i>By the firm determination of this truth,  may all illnesses be destroyed.</i></p>
<p>Etena sacca vajjena  Hotu te jaya maṅgalaṃ</p>	<p><i>By the firm determination of this truth,  may peaceful victory be yours!</i></p>