

## Karaṇīya Metta Suttaṃ: Discourse on Loving Kindness

1. Karaṇīyam-atthakusalena – Yaṃ taṃ santam padam abhisamecca  
Sakko ujū ca sūjū ca – Suvaco cassa mudu anatimānī  
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 ananu-giddho  
He should be content, ♦ easy to support, ♦ with few duties, ♦ living lightly, ♦ controlled in senses, discerning, ♦ courteous and unattached to families.
3. Na ca khuddham samā-care kiñci – Yena viññū pare upava-deyyum  
Sukhino vā khemino hontu – Sabbe sattā bhavantu sukhittatā  
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 pāṇa-bhūtatthī – Tasā vā thāvarā vā anavasesā  
Dīghā vā ye mahantā vā – Majjhimā rassa-kāṇuka-thūlā  
Whatever living beings there may be ♦ without exception: timid or fearless; ♦ long or large, medium, short, ♦ subtle or gross,
5. Diṭṭhā vā yeva addiṭṭhā – Ye ca dūre vasanti avidūre  
Bhūtā vā sam-bhavesī vā – Sabbe sattā bhavantu sukhittatā  
Visible or invisible, ♦ living near or far, ♦ born or coming to birth, ♦ may all beings have happy minds!
6. Na paro param nikubbetha – Nātim-aññetha katthaci naṃ kanci  
Byārosanā paṭighasaññā – Nāññam-aññassa dukkhamiccheyya  
Let no one deceive another, ♦ nor despise anyone anywhere.  
Neither from anger nor ill will ♦ should anyone wish harm to another.
7. Mātā yathā niyaṃ puttam – Āyusā eka-puttam-anurakkhe  
Evam’pi sabba-bhūtesu – Mānasam bhāvaye apari-māṇam  
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. Mettam ca sabba lokasmiṃ – Mānasam bhāvaye apari-māṇam  
Uddham adho ca tiriyañca – Asambādham averam asapattam  
One should cultivate for all the world ♦ a heart of boundless loving-kindness, ♦ above, below, and all around, ♦ unobstructed, without hatred or resentment.
9. Tiṭṭham caram nisinno vā – Sayāno vā yāvata’ssa vigata-middho  
Etaṃ satim adhiṭṭheyya – Brahmam-etam vihāram idhamāhu  
Whether standing, walking or sitting, ♦ lying down or whenever awake, ♦ one should develop this mindfulness. This is called “divinely dwelling here.”
10. Diṭṭhim ca anupa-gamma sīlavā – Dassanena sampanno  
Kāmesu vineyya gedham – Na hi jātu gabbha-seyyam punare tīti.  
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!