



karaniya metta sutta
the buddha's words
on loving kindness

Karaniyam atthakusalena
yan tam santam padam abhisamecca

Sakko uju ca suju ca
suvaco c'assa mudu anatimani

Santussako ca subhara ca
appakicco ca sallahukavutti
santindriyo ca nipako ca
appagabbho kulesu ananugiddho

Na ca khuddam samacare kiñci
yena viññuu pare upavadeyyum

Sukhino va khemino hontu
sabbe satta bhavantu sukhitatta

Ye keci panabhut'atthi
tasa va thavara va anavasesa
digha va ye mahanta va
majjhima rassaka anukathula

Dittha-va ye va adittha
ye ca dure vasanti avidure
bhuta va sambhavesi va
sabbe satta bhavantu sukhitatta

Na paro param nikubbetha
natimaññetha katthacinam kiñci
vyarosana patighasañña
naññamaññassa dukkham iccheyya

Mata yatha niyam puttam
ayusa ekaputtam anurakkhe
evam pi sabbabhutesu
manasam bhavaye aparimanam

Mettañ ca sabbalokasmim
maanasam bhavaye aparimanam
uddham adho ca tiriyañ ca
asambadham averam asapattam

Tittham caram nisinno va
sayano va yavat'assa vigatamiddho
etam satim adhittheyya
brahmam etam viharam idhamahu

Ditthiñ ca anupagamma
silava dassanena sampanno
kamesu vineyya gedham
Na hi jatu gabbhaseyyam punar eti

If you know what is truly good for you and understand the possibility of reaching a state of perfect peace, then this is how you need to live.

Start as a capable person, who is upright (really upright), gently spoken, flexible, and not conceited.

Then become contented and happy, with few worries and an uncomplicated life.

Make sure your sense experience is calm and controlled, be duly respectful, and don't hanker after families or groups. And avoid doing anything unworthy, that wiser people would criticise.

(Then meditate like this:)

May all be happy and secure.

May all beings become happy in their heart of hearts!

And think of every living thing without exception: the weak and the strong, from the smallest to the largest, whether you can see them or not, living nearby or far away, beings living now or yet to arise – may all beings become happy in their heart of hearts!

May no one deceive or look down on anyone anywhere, for any reason. Whether through feeling angry or through reacting to someone else, may no one want another to suffer.

As strongly as a mother, perhaps risking her life, cherishes her child, her only child, develop an unlimited heart for all beings.

Develop an unlimited heart of friendliness for the entire universe, sending metta above, below, and all around, beyond all narrowness, beyond all rivalry, beyond all hatred.

Whether you are staying in one place or travelling, sitting down or in bed, in all your waking hours rest in this mindfulness, which is known as like living in heaven right here and now!

In this way, you will come to let go of views, be spontaneously ethical, and have perfect insight. And leaving behind craving for sense pleasures, from the rounds of rebirth you will finally be completely free!

(Translated by Ratnaprabha)