

Karaṇīya Mettā Sutta

The Discourse on Loving-Kindness

(KN 1.9)

Karaṇīyamattha-kusalena, yantaṃ santaṃ padaṃ abhisamecca

This is what should be done by one who is adept in what is beneficial, and who has understood the peaceful path:

Sakko ujū ca sūjū ca, suvaco cassa mudu anantimāni

One is to be competent, straightforward, upright, easily admonished, gentle, and humble;

Santussako ca subharo ca, appakicco ca sallahukavutti

Content and easy to support, with few duties and a minimalist lifestyle;

Santindriyo ca nipako ca, appagabbho kulesu ananugiddho

Peaceful, prudent, and unobtrusive; not greedy when amidst families;

Na ca khuddhaṃ samācare kiñci, yena viññū pare upavadeyyuṃ

Not doing anything - no matter how minor - that the wise would criticize.

Sukhino vā khemino hontu, sabbe sattā bhavantu sukhittā

Wishing, "May everyone be happy and safe! May all beings be happy within themselves!

Ye keci pāna bhūtatti, tasā vā thāvarā vā anavasesā

"Whatever living beings there are - without exception; whether weak or strong;

Dīghā vā ye mahantā vā, majjhimā-rassakā anuka thūlā

Long, large, medium, or short; tiny or huge;

Diṭṭhā vā yeva adiṭṭhā, ye ca dūre vasanti avidūre

Seen or unseen; living far away or close by;

Bhūtā vā sambhavesī vā, sabbe sattā bhavantu sukhittā

Whether they have come into being or are seeking a state of existence - May all beings be happy within themselves!

Na paro paramṃ nikubbetha, nātimaññetha katthaci naṃ kañci

May no one deceive another, or despise anyone anywhere;

Byārosanā paṭigha-saññā, nāññamaññassa dukkhamiccheyya

May no one, out of anger or aversion, wish for another to suffer."

Mātā yathā niyaṃ puttāṃ, āyusā ekaputtamanurakkhe

Just as a mother would protect with her life her only child,

Evampi sabba bhūtesu, mānasam-bhāvaye aparimānam

In the same way, one should develop a boundless heart towards all beings.

Mettañca sabba lokasmim, mānasam-bhāvaye aparimānam

One should develop a boundless heart of loving-kindness towards the entire world -

Uddham adho ca tiriyañ ca, asambādham averam asapattam

Above, below, and all around, unconstrained, without hostility or enmity.

Tiṭṭhañ-caram nisinno vā, sayāno vā yāvatassa vigatamiddho

Whether standing, moving, sitting, or reclining, as long as one is not drowsy,

Etam satim adhiṭṭheyya, brahmametam vihāram idha-māhu

One should be mindfully dedicated to this. This is called a divine abiding.

Diṭṭhiñ ca anupagamma sīlavā, dassanena sampanno

Not adhering to opinions, a virtuous person has perfect awareness;

Kāmesu vineyya gedham, na hi jātu gabbha-seyyam punaretī ti

Having removed obsession with sensuality, one does not return to birth in a womb.