

THE BUDDHA'S WORDS ON LOVING-KINDNESS

(Karaṇīya Mettā Sutta)

(Now let us chant the Buddha's words on loving-kindness.)

[This is what should be done]
By one who is skilled in goodness
And who knows the path of peace:
Let them be able and upright,
Straightforward and gentle in speech,
Humble and not conceited,
Contented and easily satisfied,
Unburdened with duties and frugal in their ways.
Peaceful and calm, and wise and skillful,
Not proud and demanding in nature.
Let them not do the slightest thing
That the wise would later reprove,
Wishing: In gladness and in safety,
May all beings be at ease.
Whatever living beings there may be,
Whether they are weak or strong, omitting none,
The great or the mighty, medium, short, or small,
The seen and the unseen,
Those living near and far away,
Those born and to be born,
May all beings be at ease.
Let none deceive another
Or despise any being in any state.
Let none through anger or ill-will
Wish harm upon another.
Even as a mother protects with her life
Her child, her only child,
So with a boundless heart
Should one cherish all living beings,
Radiating kindness over the entire world:
Spreading upwards to the skies
And downwards to the depths,
Outwards and unbounded,
Freed from hatred and ill-will.

Whether standing or w[↓]alking, seated or l[↑]y[↓]ing down,
Free from d[↓]rowsiness,
One should s[↓]ustain this r[↑]ecoll[↑]ection.
This is said t[↓]o b[↓]e th[↑]e s[↑]ublime ab[↓]iding.
By not holding to f[↓]ixed views,
Th[↑]e pure-h[↑]eart[↓]ed one, having clarity of v[↓]ision,
Being freed fr[↓]om all s[↑]ense-desires,
Is not b[↑]orn [↑]again into this world.