

The Karaniya Metta Sutta

The Buddha's Discourse on Loving Kindness

1

**Karaniyam atthakusalena
Yan tam santam padam
abhisamecca
Sakko uju ca suju ca
Suvaco c'assa mudu anatimani**

This is what should be done
By one who is skilled in goodness
Having glimpsed the state
of perfect peace,
Let them be able, honest and upright,
Gentle in speech, meek and not proud.

2

**Santussako ca subharo ca
Appakicco ca sallahukavutti
Santindriyo ca nipako ca
Appagabbho kulesu ananugiddho**

Contented and easy to support,
With few duties, and simple in living.
Tranquil their senses, masterful and
modest, without greed for supporters

3

**Na ca khuddam samacare kinci
Yena viññu pare upavadeyyum
Sukhino va khemino hontu
Sabbe satta bhavantu sukhitatta**

Also, let them not do the slightest
thing
That the wise would later reprove.
Let them cultivate the thought:
May all be well and secure,
May all beings be happy

4

**Ye keci panabhut'atthi
Tasa va thavara va anavasesa
Digha va ye mahanta va
Majjhima rassakanukathula**

Whatever living creatures there be,
Without exception, weak or strong,
Long, huge or middle-sized,
Or short, minute or bulky,

5

**Dittha va yeva adittha
Ye ca dure vasanti avidure
Bhuta va sambhavesi va
Sabbe satta bhavantu sukhitatta**

Whether visible or invisible,
And those living far or near,
The born and those seeking birth,
May all beings be happy

6

**Na paro param nikubbetha
Natimaññetha katthacinam kanci
Byarosana patighasañña
Naññamaññassa dukkham
iccheyya**

Let none deceive another
Or despise any being in any state;
Let none wish others harm
In resentment or in hate.

7

**Mata yatha niyam puttam
Ayusa ekaputtam anurakkhe
Evampi sabbabhutesu
Manasam bhavaye aparimanam**

Just as with her own life
A mother shields her child,
her only child, from hurt
Let all-embracing thoughts
For all beings be yours.

8

**Mettañ ca sabba-lokasmim
Manasam bhavaye aparimanam
Uddham adho ca tiriyanca
Asambadham averam asapattam**

Cultivate a limitless heart of goodwill
For all throughout the cosmos,
In all its height, depth and breadth --
Love that is untroubled
And beyond hatred or enmity.

9

**Titthañ caram nisinno va
Sayano va yavat'assa
vigatamiddho
Etam satim adhittheyya
Brahmam etam viharam
idhamahu**

As you stand, walk, sit or lie,
So long as you are awake,
Pursue this awareness
with your might:
It is deemed the Divine Abiding- here
and now.

10

**Ditthiñca anupagamma silava
Dassanena sampanno
Kamesu vineyya gedham
Na hi jatu gabbhaseyyam punar
eti'ti**

Holding no more to wrong views,
A pure-hearted one, having clarity
of vision, being freed from all sense
desires, is not born again into this
world.