

Karaniya Metta Sutta The Discourse On Loving Kindness

Karaniya mattha kusalena

He who is skilled in doing good

Yantaṃ santaṃ padaṃ abhi-samecca

And who wishes to attain that state of calm (Nibbana) should act thus

Sakko ujū ca sūjū ca

He should be able, upright, perfectly upright

Suvaco cassa mudu anatimāni

Obedient, gentle and humble

Santussako ca subbaro ca

Contented, easily supportable (not a burden to others)

Appa-kicco ca sallahuka-vutti

With few duties, simple in livelihood

Santindriyo ca nipako ca

Controlled in senses, discreet, not impudent

Appa-gabbho dulesu ananu giddho

Not greedily attached to families

Na ca khuddhaṃ samācare kiñci

He should not commit any slight wrong

Yena viññu pare upavadeyyum

So that other wise men might deplore

Sukhino vā khemino hontu

May all beings be happy and safe

Sabbe sattā bhavantu sukhi-tattā

May their hearts be happy

Ye keci pāna bhū-tatti

Whatsoever living beings that exist

Tasā vā thāvarā vā anava sesā

Weak, or strong, without exception

Dighā vā ye mahantā vā

Long, stout or medium

Majjhimā rassa kānukathulā

Short, small or large

Diṭṭhā vā yēva addiṭṭhā
Those seen (visible) or unseen (not visible)
Yeca dūre vassanti avidūre
And those dwelling far or near
Bhūtā vā sambhavesi vā
Those who are born and those who are to be born
Sabbe-satta bhavantu suki-tattā
May all beings, without exception, be happy minded

Na paro paramṃ nikubbetha
Let no one deceive another
Nāti-maññetha kathaci naṃ kañci
Nor despise anyone anywhere
Byārosanā patigha-saññā
In anger or ill will
Nāñña-maññassa dukkha-miccheyya
Let them not wish each other harm

Mātā yathā niyam puttam
Just as a mother would guard her only child
Āyusā eka putta manu rakkhe
At the risk of her own life
Evampi sabba bhutesu
Even so towards all beings
Mānasam bhāvaye aparimānam
Let him cultivate boundless mind

Mettañca sabba lokasmim
Let thoughts of boundless love pervade the whole world
Mānasam-bhāvaye apari-mānam
Above, below and across
Uddham adho ca tiriyañca
Without any obstruction
Asambāsham averam asapattam
Without any hatred, without any enmity

Tiṭṭham caram nisinno vā
Whether he stands, walks, sits
Sayāno vā yāva tassa vigata middho
Or lies down, as long as he is awake

Etam satim adhi ttheyya
He should develop this mindfulness

Brahma metam viharam idha māhu
This they say is the Highest conduct here

Diṭṭhiñca anupa gamma śilavā
Not falling into (wrong) views

Dassanena sampanno
Virtuous and endowed with vision (insight)

Kāmesu vineyya gedham
He discards attachment to sensuous desires

Nahi jātu gabbaha seyyam punaretiti
Truly, he does not come again; to be conceived in a womb

Etena sacca vajjena – Sotthi me hotu sabbadā
By the firm determination of this truth may I ever be well

Etena sacca vajjena – Sabba rogo vinasatu
By the firm determination of this truth may I be free from illness

Etena sacca vajjena – Hotu me jaya mangalam
By the firm determination of this truth may peaceful victory be mine!