Snp 1.8 — Karaniya Metta Sutta: The Hymn of Universal Love

English translation by Acharya Buddharakkhita.

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Text

Who seeks to promote his welfare, Having glimpsed the state of perfect peace, Should be able, honest and upright, Gentle in speech, meek and not proud. Contented, he ought to be easy to support, Not over-busy, and simple in living. Tranquil his senses, let him be prudent, And not brazen, nor fawning on families. Also, he must refrain from any action That gives the wise reason to reprove him. (Then let him cultivate the thought:) May all be well and secure, May all beings be happy! Whatever living creatures there be, Without exception, weak or strong, Long, huge or middle-sized, Or short, minute or bulky, Whether visible or invisible, And those living far or near, The born and those seeking birth, May all beings be happy! Let none deceive or decry His fellow anywhere; Let none wish others harm In resentment or in hate. Just as with her own life A mother shields from hurt Her own son, her only child, Let all-embracing thoughts For all beings be yours. Cultivate an all-embracing mind of love For all throughout the universe, In all its height, depth and

breadth — Love that is untroubled And beyond hatred or enmity. As you stand, walk, sit or lie, So long as you are awake, Pursue this awareness with your might: It is deemed the Divine State here. Holding no more to wrong beliefs, With virtue and vision of the ultimate, And having overcome all sensual desire, Never in a womb is one born again.