Snp 1.8 — Karaniya Metta Sutta: Loving-Kindness

English translation by Ñanamoli Thera.

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Text

What should be done by one skillful in good So as to gain the State of Peace is this: Let him be able, and upright and straight, Easy to speak to, gentle, and not proud, Contented too, supported easily, With few tasks, and living very lightly; His faculties serene, prudent, and modest, Unswayed by the emotions of the clans; And let him never do the slightest thing That other wise men might hold blamable. (And let him think:) "In safety and in bliss May creatures all be of a blissful heart. Whatever breathing beings there may be. No matter whether they are frail or firm, With none excepted, be they long or big Or middle-sized, or be they short or small Or thick, as well as those seen or unseen, Or whether they are dwelling far or near, Existing or yet seeking to exist. May creatures all be of a blissful heart. Let no one work another one's undoing Or even slight him at all anywhere: And never let them wish each other ill Through provocation or resentful thought." And just as might a mother with her life Protect the son that was her only child, So let him then for every living thing Maintain unbounded consciousness in being; And let him too with love for all the world Maintain unbounded consciousness in being Above, below, and all round in

between, Untroubled, with no enemy or foe. And while he stands or walks or while he sits Or while he lies down, free from drowsiness, Let him resolve upon this mindfulness: This is Divine Abiding here, they say. But when he has no trafficking with views, Is virtuous, and has perfected seeing, And purges greed for sensual desires, He surely comes no more to any womb.