Snp 1.8 — Mettā Sutta

English translation by Bhikkhu Candana.
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Text

Snp. 1.8

Mettā Sutta

“Discourse on Benevolent Universal

Loving Kindness”

143. “The wholesome one, seeking the deeper meaning of the Teachings, eager to experience true peace, must practice the following: He should be capable, honest, living with virtue, considerate, and kind, while remaining humble and modest, neither conceited nor proud.

144. “Being contented and easy to support, unburdened by responsibilities, staying frugal in living one’s life, and with his mental faculties restrained and cooled, he is neither brazen nor impolite, always courteous and not attached to, nor overbearing with those families that support him.

145. “No matter how small, if there is anything that may be looked down upon or criticized by the wise, one must abstain from it. In this way, all beings around oneself will feel safe and secure. May all beings thus enjoy happiness and contentment.

146. “Whatever types of beings there may be, excluding none, whether those moving or frozen, long or short, large or small, or anyone in between,

147. “Whether these beings are seen or unseen, living far or near, born or those that are about to be born, may all beings enjoy happiness and contentment.

148. “Let no one talk badly about another, nor for any reason wish for bad things to happen to another, never despising another out of disgust or spite.

149. “Much like a loving mother would protect her only son, always attentive and caring for him, so he must develop his mind to encompass that same level of boundless kindness,

150. “Along with universal love for all beings in the world, pouring from a heart that is boundless and measureless, spreading far and wide, moving upward, downward, all around, expanding in all directions and without any obstructions, without any sense of animosity or contention.

151. “Whether standing or sitting down, or walking or even while lying down, so long as I am awake, I shall intend on having this mental attitude. After all, this is the Divine practice of the Brahmās.

152. “By not loitering around nor living with wrong views, remaining virtuous in behavior, with clear understanding and insight functioning in his heart; having crushed sensual desire through the discipline of the Vinaya, he will certainly no longer come back to any womb, ever again.”