

## 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 अपरि-मānam**  
*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!*