

# Karaṇīya Metta Suttaṃ: Discourse on Loving Kindness

## **1. Karaṇīyamatthakusalena – Yaṃ taṃ santaṃ padaṃ abhisamecca Sakko ujū ca sūjū ca – Suvaco cassa mudu anatiṃānī**

One skilled in good wishing to attain that state of peace Nibbāna should act thus: he should be clever upright, exceedingly upright, obedient, gentle, and humble.

## **2. Santussako ca subhāro ca – Appakicco ca sallaḥukavutti Santindriyo ca nipako ca – Appagabbho kulesu ananugiddho**

He should be content, easy to support, with few duties, living lightly, controlled in senses, discerning, courteous, and unattached to families.

## **3. Na ca khuddhaṃ samācare kiñci – Yena viññū pare upavadeyyum Sukhino vā khemino hontu – Sabbe sattā bhavantu sukhittā**

One should not do any slight wrong which the wise might censure. May all beings be happy and secure! May all beings have happy minds!

## **4. Ye keci paṇabhūtatthī – Tasā vā thāvarā vā anavasesā Dīghā vā ye mahantā vā – Majjhimā rassakāṇukathulā**

Whatever living beings there may be without exception: timid or fearless; long or large, medium, short, subtle or gross,

## **5. Diṭṭhā vā yeva addiṭṭhā – Ye ca dūre vasanti avidūre Bhūtā vā sambhavesī vā – Sabbe sattā bhavantu sukhittā**

Visible or invisible, living near or far, born or coming to birth, may all beings have happy minds!

**6. Na paro param̐ nikubbetha – Nātimaññetha katthaci nam̐ kanci  
Byārosanā paṭighasaññā – Nāññamaññassa dukkhamiccheyya**

Let no one deceive another, nor despise anyone anywhere. Neither from anger nor ill will should anyone wish harm to another.

**7. Mātā yathā niyaṃ puttāṃ – Āyusā ekaputtamanurakkhe  
Evam̐pi sabbabhūtesu – Mānasā bhāvaye aparimāṇāṃ**

As a mother would risk her own life to protect her only child, even so towards all living beings, one should cultivate boundless loving-kindness.

**8. Mettāṃ ca sabba lokasmīṃ – Mānasā bhāvaye aparimāṇāṃ  
Uddham̐ adho ca tiriyañca – Asambādham̐ averaṃ asapattāṃ**

One should cultivate for all the world a heart of boundless loving-kindness, above, below, and all around, unobstructed, without hatred or resentment.

**9. Tiṭṭham̐ caraṃ nisinno vā – Sayāno vā yāvata'ssa vigatamiddho  
Etaṃ satīṃ adhiṭṭheyya – Brahmametaṃ vihāraṃ idhamāhu**

Whether standing, walking or sitting, lying down, or whenever awake, one should develop this mindfulness. This is called “divinely dwelling here.”

**10. Diṭṭhīṃ ca anupagamma sīlavā – Dassanena sampanno  
Kāmesu vineyya gedham̐ – Na hi jātu gabbhaseyyāṃ punareti'ti.**

Not falling into wrong views, but virtuous and possessing right view, removing desire for sensual pleasures, one comes never again to birth in the womb.

**Etena saccena suvatthi hotu!**

By this truth, may there be well-being!