

# **Metta-Sutta**

## **LOVING KINDNESS MEDITATION**

This is what should be accomplished by the one who is wise,  
Who seeks the good, and has obtained peace.

Let one be strenuous, upright, and sincere,  
Without pride, easily contented, and joyous.  
Let one not be submerged by the things of the world.  
Let one not take upon oneself the burden of riches.  
Let one's senses be controlled.  
Let one be wise but not puffed up and  
Let one not desire great possessions even for one's family.  
Let one do nothing that is mean or that the wise would reprove.

May all beings be happy.  
May they be joyous and live in safety.  
All living beings, whether weak or strong,  
In high or middle or low realms of existence,  
Small or great, visible or invisible,  
Near or far, born or to be born,  
May all beings be happy.

Let no one deceive another nor despise any being in any state.  
Let none by anger or hatred wish harm to another.  
Even as a mother at the risk of her life  
Watches over and protects her only child,  
So with a boundless mind should one cherish all living things.  
Suffusing love over the entire world,  
Above, below, and all around, without limit,  
So let one cultivate an infinite good will toward the whole world.

Standing or walking, sitting or lying down,  
During all one's waking hours,  
Let one practice the way with gratitude.

Not holding to fixed views,  
Endowed with insight,  
Freed from sense appetites,  
One who achieves the way  
Will be freed from the duality of birth and death.