

KARAṆĪYA METTA SUTTA

He who is skilled in his good, who wishes to attain that state of calm (Nibbāna), should act thus: he should be able, upright, perfectly upright, of noble speech, gentle, and humble.

Contented, easily supported, with few duties, of light livelihood, with senses calmed, discreet, not impudent, not greedily attached to families.

He should not pursue the slightest thing for which other wise men might censure him. May all beings be happy and secure, may their hearts be wholesome!

Whatever living beings there be: feeble or strong, tall, stout or medium, short, small or large, without exception; seen or unseen, those dwelling far or near, those who are born or those who are to be born, may all beings be happy!

Let none deceive another, nor despise any person whatsoever in any place. Let him not wish any harm to another out of anger or ill will.

Just as a mother would protect her only child at the risk of her own life, even so, let him cultivate a boundless heart towards all beings.

Let his thoughts of boundless love pervade the whole world: above, below and across without any obstruction, without any hatred, without any enmity.

Whether he stands, walks, sits or lies down, as long as he is awake, he should develop this mindfulness. This they say is the noblest living here.

Not falling into wrong views, being virtuous and endowed with insight, by discarding attachment to sense desires, never again is he reborn.