

Mettā Sutta: The Buddha's Words on Loving Kindness¹

[This is what should be done]
By one who is skilled in goodness
And who knows the path of peace:
Let them be able and upright,
Straightforward and gentle in speech,

Humble and not conceited,
Contented and easily satisfied,
Unburdened with duties and frugal in their ways.
Peaceful and calm, and wise and skilful,
Not proud and demanding in nature.

Let them not do the slightest thing
That the wise would later reprove,
Wishing: In gladness and in safety,
May all beings be at ease.

Whatever living beings there may be,
Whether they are weak or strong, omitting none,
The great or the mighty, medium, short, or small,

The seen and the unseen,
Those living near and far away,
Those born and to be born,
May all beings be at ease.

[continued]

¹ Source: "The Buddha's Words on Loving-kindness" from *Chanting Book · Volume One: Morning and Evening Chanting (Pūjā) and Reflections, Pāli and English*, Amaravati Buddhist Monastery 2015, licensed under a Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported Licence. <http://creativecommons.org/licenses/by-nc-nd/3.0/>

Let none deceive another
Or despise any being in any state.
Let none through anger or ill-will
Wish harm upon another.

Even as a mother protects with her life
Her child, her only child,
So with a boundless heart
Should one cherish all living beings,
Radiating kindness over the entire world:

Spreading upwards to the skies
And downwards to the depths,
Outwards and unbounded,
Freed from hatred and ill-will.

Whether standing or walking, seated,
Or lying down — free from drowsiness —
One should sustain this recollection.
This is said to be the sublime abiding.

By not holding to fixed views,
The pure-hearted one, having clarity of vision,
Being freed from all sense-desires,
Is not born again into this world.