

## **Metta Sutta**

Sutta Nipata

K.R. Norman translation

This is what is to be done by one  
who is skilful in respect of the good,  
having attained the peaceful state.  
He should be capable, straight, and very upright,  
easy to speak to, gentle and not proud,

Contented and easy to support,  
having few duties and of a frugal way of life,  
with his sense-faculties calmed, zealous, not impudent,  
(and) not greedy (when begging) among families

And he should not do any mean thing,  
on account of which other wise men would criticize him.  
Let all creatures indeed be happy (and) secure;  
let them be happy-minded

Whatever living creatures there are,  
moving or still, without exception,  
whichever are long or large, or middle-sized  
or short, small or great,

whichever are seen or unseen,  
whichever live far or near,  
whether they already exist or are going to be,  
let all creatures be happy-minded.

One man should not humiliate another;  
one should not despise anyone anywhere.  
One should not wish another misery  
because of anger or from the notion of repugnance.

Just as a mother would protect with her life  
her own son, her only son,  
so one should cultivate an unbounded mind  
towards all beings,

and loving-kindness towards all the world.  
One should cultivate an unbounded mind,  
above and below and across, without obstruction,  
without enmity, without rivalry.

Standing, or going, or seated, or lying down,  
as long as one is free from drowsiness,  
one should practice this mindfulness.  
This, they say, is the holy state here.

Not subscribing to wrong views,  
virtuous, endowed with insight,  
having overcome greed for sensual pleasures,  
a creature assuredly does not come to lie again in a womb.