

## The Karaniya Metta (Loving-Kindness) Sutta

### The Qualities of Mind That Support Loving-Kindness

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 skillful,  
Not proud or demanding in nature.

Let them not do the slightest thing  
That the wise would later reprove.

### Description of Loving-Kindness

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!

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:

#### Description of the Method of Practice

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.

#### Closing

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.