

# Metta Sutta

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 or 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 and 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,  
Radiating kindness over the entire world.  
Spreading upwards to the skies,  
And downwards to the depths.  
Outward 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 divine abiding.  
By not holding to fixed views,  
The pure hearted one,  
Having clarity of vision,  
Being freed from sense desire,  
Is not born again into this world.