

## Karaniya Metta Sutta

1. Karaṇīyamattha kusalena yantaṃ santaṃ padaṃ **abhisamecca**  
Sakko ujū ca suhujū ca sūvaco cassa mudu **anātimānī**
2. Santussako ca subhāro ca, appakicco ca **sallaukavutti**  
Santindriyo ca nipako ca, appagabbho **kulesu ananugiddho**
3. Na ca **khuddamsamācare** kiñciyena viññūpare upavadeyyuṃ  
Sukhino va khemino hontu sabbe sattā **bhavantu sukhitattā**
4. **Ye keci pāṇabhūtatthi** tasā vā thāvarā vā anavasesā  
Dīghā vā ye mahantā vā majjhimā rassakāṇukathulā
5. Dīṭṭhā vā ye va adīṭṭhā ye ca dūre vasanti avidūre  
Bhūtā vā sambhavesī vā sabbe sattā **bhavantu sukhitattā**
6. Na paroparaṃ nikubbetha nātimaññetha katthacinam kañci  
Byārosanā paṭighasañña **nāññamaññassa dukkhamiccheyya**
7. Mātā yathā niyaṃputtam āyusā eka puttamanurakkhe  
Evampi sabbabhūtesu **mānasambhāva ye aparimāṇaṃ**
8. Mettañca sabbalokasmim **mānasambhāva ye aparimāṇaṃ**  
Uddhaṃ adho ca tiriyañca asambādhaṃ averam asapattaṃ
9. Tiṭṭhaṃ caraṃ nisinno vā sayāno vā yāvatassa vighatamididho  
Etaṃ satim adhiṭṭheyya **Brahmametaṃ Vihāram** idhamāhu
10. Dīṭṭhiñca anupaggamma sīlavā **dassanena sampanno**  
Kāmesu vinaya gedhaṃ **na hi jātu gabbaseyyam** punareti<sup>ti</sup>

1. What *kusala* should be done by one who is **seeking cooling down (by seeing the unfruitful nature)**: moral, upright and disciplined, with pleasing manners and **humble (na atimānī)**.

2. Always happy, bearing only good (*gati*), with **few mundane duties and simple life**, with senses calmed and a cooled mind, with few possessions, and **treating everyone same** (regardless of race, color, etc.).

3. **Not engaging in harmful/lowly actions** (and this thought that one always holds), may all beings **attain Nibbāna (and get to the ultimate happiness)**.

4. **Whoever there may be with a breath of life**, trapped by greed for so long in *sansāra*, may they be free of fear and greed without exception.

5. Those who are seen or unseen, those dwelling far or near, those born as well as those seeking birth (*gandhabbā*), may all beings **attain Nibbāna**.

6. May no one deceive another, treat everyone like close relatives. May they not wish each other harm, and **by seeing the unfruitful nature of this world, may they be free of suffering**.

7. Just as a mother would protect her only child with her life, may this protection affect **all beings on an equal footing**.

8. May all cultivate *mettā* towards **all beings on an equal footing**, those who live above, below, or across. May all be unhindered and without enmity.

9. Whether standing, walking, sitting or lying down, may all sustain this *mettā* mindset (what the Buddha called **Brahma Vihāra**).

10. Being moral based on **right vision (a Sōtapanna)**, and by removing *kāma rāga* with effort **one will never again be in a womb (Anāgāmi)**.