

## Karaniya Metta Sutta

Karaniya mattha kusalena Yantam santam padam abhi-samecca  
Sakko uju ca suju ca Suvaco cassa raudu anatimani

Santussako ca subharo ca Appa-kicco ca sallahuka-vutti  
Santindriyo ca nipako ca Appa-gabbho kulesu ananu giddho

Naca khuddham samacare kinci Yena vinnu pare upava-deyyum  
Sukhino va khemino hontu Sabbe satta bhavantu sukhi-tatta

Ye keci pana bhu-tatthi Tasava thavara va anava sesa  
Digha va ye mahanta va Majjhima-rassa-kanuka thula

Dittha va yeva additha Ye ca dure vasanti avidure  
Bhuta va sambhavesi va Sabbe satta bhavantu sukhi-tatta

Na paro param nikubbetha Nati-mannetha katthaci nam kanci  
Byaro-sana patigha-sanna Nanna-mannassa dukkha-miccheyya

Mata yatha niyam puttam Ayusa eka-putta-manu rakkhe  
Evampi sabba bhutesu Manasam-bhavaye apari-manam

Mettanca sabba lokasmin Manasam-bhavaye apari-manam  
Uddham adho ca tiriyanca Asam-badham averarh asa-pattam

Tittham caram nisinno va Sayano va yava tassa vigata middho  
Etam satim adhitheyya Brahma metam viharam idha-mahu

Ditthinca anupa gamma silava Dassa-nena sampanno  
Kamesu vineyya gedham Nahi jatu gabbha seyyam punaretiti.