Metta Sutta

translated by Gil Fronsdal

To reach the state of peace
One skilled in the good
Should be
Capable and upright,
Straightforward and easy to speak to,
Gentle and not proud,
Contented and easily supported,
Living lightly and with few duties,
Wise and with senses calmed,
Not arrogant and without greed for supporters,
And should not do the least thing that the wise would criticize.

One should reflect:

“May all be happy and secure;
May all beings be happy at heart.
All living beings, whether weak or strong,
Tall, large, medium, or short,
Tiny or big,
Seen or unseen,
Near or distant,
Born or to be born,
May they all be happy.
Let no one deceive another
Or despise anyone anywhere;
Let no one through anger or aversion
Wish for others to suffer.”

As a mother would risk her own life
To protect her child, her only child,
So toward all beings should one
Cultivate a boundless heart.
With loving-kindness for the whole world should one
Cultivate a boundless heart,
Above, below, and all around
Without obstruction, without hate and without ill-will.
Standing or walking, sitting or lying down,
Whenever one is awake,
May one stay with this recollection.
This is called a sublime abiding, here and now.

One who is virtuous, endowed with vision,
Not taken by views,
And having overcome all greed for sensual pleasure
Will not be reborn again.