

**Andy Olendzki**

**This is what's done by one skilled in  
what's good,  
Who reaches toward that most  
peaceful state:  
One would be capable, and  
straight—quite straight;  
Well-spoken, gentle, without too  
much pride.**

**Content with little, easily  
maintained,  
Not doing too much and lightly  
engaged;  
Thoughtful, with a peaceful  
demeanor, and  
Modest, without greed among  
worldly things.**

**One would not do even the slightest  
thing  
That others who are wise would  
speak against.  
May they be secure and profoundly  
well;  
—May all beings be happy in  
themselves.**

**Whatever living beings exist,  
Without exception, whether weak or  
strong,  
Whether tall and large, middle-  
sized, or short,  
Whether very subtle or very gross,**

**Whether visible or invisible,  
Dwelling far away or not far away,  
Whether born already or not yet  
born  
—May all beings be happy in  
themselves.  
Let no one work to undo another.  
Let no one think badly of anyone.**

**Either with anger or with violent  
thoughts,  
One would not wish suffering on  
others,  
Just as a mother would watch over  
her  
Son—her one and only son—with  
her life,  
In just the same way develop a mind  
Unbounded toward all living  
creatures.**

**Develop a mind of loving kindness  
Unbounded toward the entire world:  
Above and below and all the way  
'round,  
With no holding back, no loathing,  
no foe.**

**Standing, walking, sitting or lying  
down,  
As long as one is devoid of torpor,  
One would resolve upon this  
mindfulness  
—This is known as sublime abiding  
here.  
Without falling into mistaken views,  
Endowed with insight and integrity,  
Guiding away greed for sensual  
things,  
One would not be born again in a  
womb.**