

Karaniya Metta Sutta: The Buddha's

**Words on Loving-Kindness
translated from the Pali by
The Amaravati Sangha**

**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
skillful,
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 or 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;**

**Outwards 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 sublime
abiding.**

**By not holding to fixed views,
The pure-hearted one, having
clarity of vision,
Being freed from all sense
desires,
Is not born again into this
world.**