

# *Karaniya Mettā Sutta*

## *The Discourse on Goodwill*

Karaniyam-attha-kusalena  
yantam santam padam abhisamecca:

*This is to be done by one skilled in aims  
who wants to break through to the state of peace:*

Sakko ujū ca suhujū ca  
suvaco cassa mudu anatimānī,  
*Be capable, upright, & straightforward,  
easy to instruct, gentle, & not conceited,*

Santussako ca subharo ca  
appakicco ca sallahuka-vutti,  
*content & easy to support, with few duties, living lightly,*

Santindriyo ca nipako ca  
appagabbho kulesu ananugiddho.  
*with peaceful faculties, masterful, modest, & no greed for supporters.*

Na ca khuddam samācare kiñci  
yena viññū pare upavadeyyum.  
*Do not do the slightest thing that the wise would later censure.*

Sukhino vā khemino hontu  
sabbe sattā bhavantu sukhitattā.  
*Think: Happy & secure, may all beings be happy at heart.*

Ye keci pāna-bhūtatthi  
tasā vā thāvarā vā anavasesā,  
*Whatever beings there may be, weak or strong, without exception,*

Dīghā vā ye mahantā vā  
majjhimā rassakā anuka-thūlā,  
*long, large, middling, short, subtle, blatant,*

Ditthā vā ye ca aditthā  
ye ca dūre vasanti avidūre,  
*seen & unseen, living near & far,*

Bhūtā vā sambhavesi vā  
sabbe sattā bhavantu sukhitattā.  
*born & seeking birth: May all beings be happy at heart.*

Na paro param nikubbetha  
nātimaññetha katthaci nam kiñci,  
*Let no one deceive another or despise anyone anywhere,*

Byārosanā patigha-saññā  
nāññam-aññassa dukkham-iccheyya.  
*or through anger or irritation wish for another to suffer.*

Mātā yathā niyam puttam  
āyusā eka-puttam-anurakkhe,  
*As a mother would risk her life to protect her child, her only child,*

Evam-pi sabba-bhūtesu  
māna-sambhāvaye aparimānam.  
*even so should one cultivate a limitless heart with regard to all beings.*

Mettañ-ca sabba-lokasmim  
māna-sambhāvaye aparimānam,  
*With good will for the entire cosmos, cultivate a limitless heart:*

Uddham adho ca tiriyañ-ca  
asambādham averam asapattam.

*above, below, & all around, unobstructed, without enmity or hate.*

Titthañ'caram nisinno vā  
sayāno vā yāvatassa vigata-middho,  
*Whether standing, walking, sitting, or lying down,  
as long as one's drowsiness is gone,*

Etam satim adhittheyya  
brahmam-etam vihāram idham-āhu.  
*one should be resolved on this mindfulness.  
This is called a sublime abiding here & now.*

Ditthiñ-ca anupagamma  
sīlavā dāssanena sampanno,  
*Not taken with views, but virtuous & consummate in vision,*

Kāmesu vineyya gedham,  
Na hi jātu gabbha-seyyam punaretīti.  
*having subdued desire for sensual pleasures,  
one never again will lie in the womb.*