

Karaniya Metta Sutta 101923  
(Speaking Slowly)

This is what is done  
By one who is skilled in goodness,  
And who knows the path of peace:  
They are able and upright,  
Straightforward and gentle in speech,  
Humble and not conceited,  
Contented and easily satisfied.

They remain unburdened with duties and frugal in their ways.  
They are peaceful and calm and wise and skillful,  
Not proud or demanding in nature.  
They do not do the slightest thing  
that the wise would later reprove.

They are always mindful that 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.

They are always mindful to not deceive another,  
Or despise any being in any state.  
They abandon anger and ill-will with ease,  
Never wishing harm upon another.

Even as a mother protects with her life  
her child, her only child,  
So with a boundless heart  
The Wise Disciple cherishes all living beings.

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They radiate 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,  
They maintain refined mindfulness.

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,  
Having completed The Path,  
Does not give birth to another moment rooted in ignorance of Four  
Noble Truths.

End Of Sutta