

Metta Sutta

Those who are skilled in the way, and who seek to attain the state of calm. Should act this way: we should be able, upright, exceedingly upright; considerate, gentle, humble; contented, and easily supported; of a simple lifestyle; with few obligations; courteous, discreet; controlled in the senses, and not hankering after recognition.

Let us never do anything that the wise would reprove, but may our constant thought be: May all beings be happy.

May all beings be happy, whatever they are: large medium or stout, short small or tall; those that are seen and those that are not seen; those that are near, and those that are far away; those that are born and those yet to be born. May all beings be happy.

Let us never deceive another. Let us never despise any being in any place whatsoever. Let us never wish harm against another out of ill-will or hatred.

But just as a mother protects her only child at the risk of her own life, so in the same way; let us cultivate unlimited loving-kindness for all living things.

Let us cultivate unlimited loving-kindness for the entire world, above and below, and all around in every direction: North, South, East and West.

Whether we are standing, sitting, walking, or lying down; as long as we are awake; let us continually cherish the thought: This way of living is the best in the world.

Not falling into false views, being virtuous, endowed with insight; having abandoned the attachment to the senses; we no longer perpetuate endless cycles of suffering for ourselves, or for others.