

Metta Sutta

1. Karanlya mattakusalena
yam tam santarh padarii abhisamecca
sakko uju ca suju ca
suvaco c'assa mudu anatimanii.
2. Santussako ca subharo ca
appakicco ca sallahukavutti
santindriyo ca nipako ca
appagabbho kulesu ananugiddho.
3. Na ca khuddam samacare kinci
yena vinnu pare, upavadeyyum
sukhino va khemino hontu
sabbe satta bhavantu sukhitatta.
4. Ye keci pana bhutatthi
tasa va thavara va anavasesa dlgha
va ye mahanta va majjhima
rassakanuka thula.
5. Dittha va yeva adittha
ye ca dure vasanti avidure
bhuta va sambhavesT va
sabbe satta bhavantu sukhitatta.
6. Na paro param nikubbetha
natimannetha katthacinam kanci
byarosana patighasanna
nanna mafinassa dukkhamiccheyya.
7. Mata yatha niyam puttam
ayusa ekaputtamanurakkhe
evampi sabba bhutesu manasam
bhavaye aparimanam.
8. Mettanca sabba lokasmim
manasam bhavaye aparimanam
uddham adho ca tiriyanca
asambadham averam asapattam.
9. Titthan caram nisinno va
sayano va yavat'assa vigatamiddho
etarh satim adhittheyya
brahma metam viharam idhamahu.
10. Ditthinca anupagamma silava
dassanena sampanno
kamesu vineyya gedham nahi jatu
gabbhaseyyam punaretl ti.