

## Discourse on Loving-Kindness

### Karaniya Metta Sutta

This is what should be done by one who is skilled in goodness and who wishes to attain the State of Peace and Wisdom (Nirvana):

Let one be capable, upright, exceedingly upright,  
easy to instruct, gentle, and humble.

Let one be content, not a burden to others but easily supported,  
with but few responsibilities, and living simply;  
with the senses composed and serene, let one be prudent, courteous,  
not proud or demanding, unswayed by the emotions of others;  
and let one not commit the slightest wrong  
for which the wise would later reprove.

Let one contemplate and wish:  
May all beings be well and safe.

May all beings be happy.

Whatever living beings there may be—  
whether they are weak or strong, omitting none;  
the great or the mighty; medium size, short, small, or large;  
those seen and those unseen; those dwelling near and far away;  
those born as well as those yet to be born—  
may all beings be happy at heart.

Let no one deceive another, nor despise anyone in any place.  
Let no one through anger or hatred wish harm upon another.

Just as a mother protects her child, her only child, with her very life,  
even so with a boundless heart of love let one cherish all living beings.

Let one radiate boundless love over the entire world—  
spreading upwards to the skies and downwards to the depths;  
in all directions—without any obstruction,  
completely free from hostility or hatred.

While standing or walking, sitting or lying down,  
as long as one is awake, without laziness,  
let one sustain this recollection (mindfulness) of love.

This is said to be Noble Living,  
and this is called the Sublime Abiding.

By not falling into wrong views—  
being virtuous, endowed with ultimate clarity and insight,  
having discarded greed for sensual desires—  
then truly, never again will one return to be conceived in a womb.

**Source:** SourcePoint Global Outreach, *The Heart of Dharma Collection* (Mount Shasta, CA: Naljor Prison Dharma Service, n.d.)  
<http://sourcepointglobaloutreach.org/what-we-offer/>