

# KARANIYA METTASUTTA

## (The discourse on loving kindness)

Karaṇīya-matta-kusalena	Yantam santam padam abhisamecca
Sakko ujū ca suhujū ca	Suvaco cassa mudu ana-timānī
Santus-sako ca subharo ca	Appakicco ca sallahuka-vutti
Santindriyo ca nipako ca	Appa-gabbo kulesu ananugiddho
Na ca khuddam samācare	Kiñci yena viññū pare upavadeyyum
Sukhino vā khemino hontu	Sabbe sattā bhavantu sukhitattā
Ye keci pāṇabhūtatthi	Tasā vā thāvarā vā anavasesā
Dīghā va ye mahantā vā	Majjhimā rassakā aṇukathulā
Ditthā vā ye ca adiṭṭhā	Ye ca dūre vasanti avidūre
bhūtā vā sambhavesī vā	Sabbe sattā bhavantu sukhitattā
Na paro param nikubbetha	nātimaññetha katthaci nam kiñci
Byārosanā paṭighasaññā	Naññamaññassa dukkhamiccheyya
Mātā yathā niyam puttam	Āyusā eka-putta-manurakkhe
Evampi sabba-bhūtesu	Mānasambhāvaye aparimāṇam
Mettañca sabba-lokasmim	Mānasambhāvaye aparimāṇam
Uddham adho ca tiriyañca	Asambādham averam asapattam
Tiṭṭhañcaram nisinno vā	Sayāno vā yāva tassa vigatamiddho
Etam satim adhiṭṭheyya	Brahmametam viharam idhamāhu
Diṭṭhiñca anupagamma	Sīlavā dassanena sampanno
Kāmesu vineyya gedham	Na hi jātu gabbhaseyyam punaretī ti