



# METTA SUTTA

*The Buddha's Teaching on Loving-Friendliness*

**T**his is what should be done by one who is skilled in goodness, and who knows the path of peace:

**L**et them be able and upright, straightforward and gentle in speech, humble and not conceited, contented and easily satisfied, unburdened with duties and frugal in their ways.

**P**eaceful and calm, and wise and skillful, not proud and demanding in nature. Let them not do the slightest thing that the wise would later reprove.

**W**ishing:

**I**n gladness and in safety, may all beings be at ease!

**W**hatever 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, May all beings be at ease!

**L**et none deceive another, or despise any being in any state.

**L**et none through anger or ill-will wish harm upon another.

**E**ven as a mother protects with her life her child, her only child, so with a boundless heart should one cherish all living beings:

**R**adiating kindness over the entire world spreading upwards to the skies, and downwards to the depths; outwards and unbounded, freed from hatred and ill-will.

**W**hether standing or walking, seated or lying down - free from drowsiness, one should sustain this recollection. This is said to be the sublime abiding.

**B**y not holding to wrong views, the pure-hearted one, having clarity of vision, being freed from all sense desires, is not born again into this world

## From the Dhammapada and other Sayings of the Buddha

*To avoid all evil,  
To cultivate the good,  
And to cleanse one's mind –  
This is the teaching of the  
Buddhas.*

*The Thought manifests as the  
word;  
The word manifests as the deed;  
The deed develops into a habit;  
And habit hardens into  
character;  
So, watch the thought and its  
ways with care,  
And let it spring from love  
Born out of concern for all  
beings...*

*As the shadow follows the body,  
as we think, so we become.*

We are what we think.  
All that we are arises with our  
thoughts.  
With our thoughts we make the  
world.  
Speak or act with a pure mind  
And happiness will follow you  
As your shadow, unshakable.

They tremble, they are unsteady,  
They wander at their will.  
It is good to control them,  
And to master them brings  
happiness  
Your worst enemy cannot harm  
you as much as your own  
thoughts,  
Unguarded.

But once mastered,  
No one can help you as much,

Not even your father or your  
mother.  
Hatreds never cease through  
hatred in this world; through love  
alone they cease.  
This is an eternal law.

All tremble at violence;  
All fear death.  
Putting oneself in the place of  
another,  
One should not kill  
Nor cause another to kill.  
See yourself in others.  
Then whom can you hurt?  
What harm can you do?

How easy it is to see your  
brother's faults;  
How hard to face your own.  
You winnow his in the wind like  
chaff,  
But yours you hide,  
Like a cheat covering up an  
unlucky throw.

To straighten the crooked  
You must first do a harder thing  
–  
Straighten yourself.

The wise man tells you  
Where you have fallen  
And where you may yet fall –  
Invaluable secrets!  
Follow him, follow the way.

You are a seeker.  
Delight in the mastery  
Of your hands and your feet,  
Of your words and your thought

