

करणीयमेत्ता सुत  
Karaṇīyamettā Sutta

A Discourse on Loving-Kindness



करनियम् अत्थकुसलेन  
यन् तम् सन्तम् पदम् अभिसमेच्च  
सक्को उज्जु च सुज्जु च  
सुवचो च'अस्स मुदु अनतिमनि

**T**his is what should be done  
By one who is skilled in goodness,  
And who knows the path of peace:  
Let them be able and upright,  
Straightforward and gentle in speech,  
Humble and not conceited,

सन्तुस्सको च सुभरो च  
अप्पकिच्चो च सल्लहुकवुत्ति  
सन्तिन्द्रियो च निपको च  
अप्पगब्भो कुलेसु अननुगिद

Contented and easily satisfied,  
Unburdened with duties and frugal.  
Peaceful and calm and wise and skillful,  
Not proud or demanding in nature.

न च खुद्दम् समचरे किन्चि  
येन विञ्जु परे उपवदेय्युम्  
सुखिनो व खेमिनो होन्तु  
सब्बे सत्त भवन्तु सुखितत्त

Let them not do the slightest thing  
That the wise would later reprove.  
Let them think: In gladness and in safety,  
May all beings be at ease.

ये केचि पनभुत्'अत्थि  
तस व थवर व अनवसेस  
दिघ व ये महन्त व  
मज्झिम रस्सकनुकथुल

Whatever living beings there are,  
Weak or strong,  
Large, medium, or small,

दित्थ व येव अदित्थ  
ये च दुरे वसन्ति अविदुरे  
भुत व सम्भवेसि व  
सब्बे सत्त भवन्तु सुखितत्त

The seen and the unseen,  
Those living near and far away,  
Those born and yet to be born—  
May all beings be at ease!

न परो परम् निकुब्बेथ  
नतिमज्जेथ कत्थचिनम् कन्चि  
ब्यरोसन पतिघसज्ज  
नज्जमज्जस्स दुक्खम् इच्छेय्य

Let none decieve another,  
Or despise any being in any state.  
Let none through anger or ill-will  
Wish harm upon another.



मत यथ नियम् पुत्तम्  
अयुस एकपुत्तम् अनुरक्खे  
एवम्पि सब्बभुतेसु  
मनसम् भवये अपरिमनम्

Just as a mother would protect  
Her only child with her life  
Even so let one cultivate  
A boundless love towards all beings.

मेतज् च सब्ब-लोकस्मिम्  
मनसम् भवये अपरिमनम्  
उद्धम् अधो च तिरियन्च  
असम्बधम् अवेरम् असपत्तम्

Radiating kindness over the world:  
Spreading upwards to the skies,  
And downwards to the depths;  
Outwards and unbounded,  
Freed from hatred and ill-will.

तित्थञ् चरम् निसिन्नो व  
सयनो व यवत्'अस्स विगतमिद्धो  
एतम् सतिम् अधित्थेय्य  
ब्रह्मम् एतम् विहरम् इधमहु

Whether standing, walking, seated,  
Or lying down, as long as they are awake,  
They should develop this mindfulness.  
This they say, is the divine abiding here.

दि॒त्थिज्च॑ अ॒नुप॑ग॒म्म॒ सिल॑व  
द॒स्स॒ने॒न॒ स॒म्प॒न्नो  
क॒मे॒सु॒ वि॒ने॒य्य॒ गे॒ध॒म्  
न हि॑ ज॒तु॒ ग॒ढ्भ॑से॒य्य॒म् पु॒नर् ए॒ति'ति॑

**B**y not holding to fixed views,  
The pure-hearted one,  
Having clarity of vision,  
With sensual desires abandoned,  
Is not born again into this world.