

दित्थिञ्च अनुपगम्म सिलव
दस्सनेन सम्पन्नो
कमेसु विनेय्य गेधम्
न हि जतु गब्भसेय्यम् पुनर् एति'ति

करणीयमेत्ता सुत Karaṇīyamettā Sutta

A Discourse on Loving-Kindness

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

तिथ्यञ् चरम् निसिन्नो व
सयनो व यवत्'अस्स विगतमिद्धो
एतम् सतिम् अथित्थेय्य
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.

मेत्तज् च सब्ब-लोकस्मिम्
मनसम् भवये अपरिमनम्
उद्धम् अधो च तिरियन्व
असम्बधम् अवेरम् असपत्तम्

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

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

This 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
अपकिच्चो च सल्लहुकवुत्ति
सन्तिद्दिपो च निपको च
अप्पगल्भो कुलेसु अननुगिद

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

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

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

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

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

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

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'अस्थि
तस् व शवर व अनवसेस
दिघ व ये महन्त व
मज्झिम रस्सकनुकथुल

दिस्थ व येव अदिस्थ
ये च दुरे वसन्ति अविदुरे
भुत व सम्भवसि व
सब्बे सत्त भवन्तु सुखितत्त

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

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