

0.0.1 Metta

143. "This is what must be done by one who's
skilled in virtue,
in pursuit of the breakthrough to supreme no-
ble peace:

He must be competent, upright, very upright;
Easy to admonish and mild, not arrogant.

144. He must be contented and easily sup-
ported,
of few duties and a frugal way of living;
He must be prudent, modest, with faculties
serene,
not greedy when among families.

145. He must refrain even from the slightest
action,
For which the wise will find ground to reprove
him.
He must be intent on well-being and safety to
all, [as follows:]
May all beings be self-contented.

146. Whatever living beings there are;
Whether mobile or immobile, without excep-
tion;
Long or big,
medium, short, minute or massive.

147. Whether seen or unseen,
 Dwelling far or near;
 Born or pending birth
 May all beings be self-contented.

148. Let one not deceive another,
 Or despise any being in any state;
 Let none, out of ill-will or resentment,
 Wish for suffering, for one another.

149. Just as a mother who protects with her
 life,
 her own son, her one and only son;
 Even so, should he cultivate an immeasurable
 mind,
 towards all beings.

150. Cultivate an immeasurable mind, imbued
 with metta,
 for all the world systems;
 Above, below and across,
 Unlimited, freed from hatred and enmity.

151. Whether standing, walking or seated,
 or lying down, as long as he is free from drowsi-
 ness;
 Let him be resolved on this recollection.
 For this is said to be the Brahma abiding here.

152. By not adhering to views,

Accomplished in virtue, endowed with vision;
Being freed from all sense desires,
He will surely never again come back to lie in
a womb.”