

### 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.

### 0.0.1 mettāsuttam

143. karaṇīyamattakusalena  
yam taṃ santaṃ padaṃ abhisamecca,  
sakko ujū ca sūjū ca  
suvacocassa mudu anatimānī.

144. santussako ca subharo ca  
appakicco ca sallahukavuttī,  
santindriyo ca nipako ca  
appagabbho kulesu ananugiddho.

145. na ca khuddaṃ samācare kiñci  
yena viññū pare upavadeyyuṃ,  
sukhino vā khemino hontu  
sabbe sattā bhavantu sukhittā.

146. ye keci pāṇa bhūtatthi  
tasā vā thāvarā vā anavasesā,  
dīghā vā ye mahantā vā  
majjhamā rassakāṇukathulā.

147. diṭṭhā vā yeva addiṭṭhā  
ye ca dūre vasanti avidūre,  
bhūtā vā sambhavesī vā  
sabbe sattā bhavantu sukhittā.

148. na paro paraṃ nikubbetha  
nātimaññetha katthaci naṃ kañci,

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,

byārosanā paṭighasaññā  
nāññamaññassa dukkhamiccheyya.

149. mātā yathā niyaṃ puttāṃ  
āyusā ekaputtamanurakkhe,  
evampi sabbabhūtesū  
mānasāṃ bhāvaye aparimāṇāṃ.

150. mettāṃ ca sabbalokasmiṃ  
mānasāṃ bhāvaye aparimāṇāṃ,  
uddhaṃ adho ca tiriyañca  
asambādhaṃ averaṃ asapattaṃ.

151. tiṭṭhaṃ caraṃ nisinno vā  
sayāno vā yāvatassa vigatamiddho,  
etaṃ satiṃ adhiṭṭheyya  
brahmametaṃ vihāraṃ idhamāhu.

152. diṭṭhiñca anupagamma  
sīlavā dassanena sampanno,  
kāmesu vineyya gedhaṃ  
nhi jātu gabbhaseyyaṃ punaretīti.

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

