

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 bhūtatti
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 a boundless mind,

 towards all beings.

150. Cultivate a boundless 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 aparimāṇaṃ.

150. mettā ca sabbalokasmiṃ
mānasāṃ bhāvaye aparimāṇaṃ,
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.”

