

0.0.1 Metta

mettasuttaṃ

143. “This is what must be done by one who’s
skilled in virtue,
in pursuit of the breakthrough to supreme noble
peace:
He must be competent, upright, very upright;
Easy to admonish and mild, not arrogant.

143. karaṇīyamatthakusalena
yaṃ taṃ santaṃ padaṃ abhisamecca,
sakko ujū ca sūjū ca
suvacocassa mudu anatimānī.

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

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

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.

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

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

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

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

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

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.

148. na paro paraṃ nikubbetha
nātimaññetha katthaci naṃ kañci,
byārosanā paṭighasaññā
nāññamaññassa dukkhamiccheyya.

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.

149. mātā yathā niyaṃ puttaṃ
āyusā ekaputtamanurakkhe,
evampi sabbabhūtesū
mānaṃ bhāvaye aparimānaṃ.

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

150. mettaṃ ca sabbalokasmiṃ
mānaṃ bhāvaye aparimānaṃ,
uddhaṃ adho ca tiriyañca
asambādhaṃ averaṃ asapattaṃ.

151. Whether standing, walking or seated,
or lying down, as long as he is free from drowsiness;

Let him be resolved on this recollection.
For this is said to be the Brahma abiding here.

151. tiṭṭhaṃ caraṃ nisinno vā
sayāno vā yāvatassa vigatamiddho,
etaṃ satim adhiṭṭheyya
brahmametam vihāraṃ idhamāhu.

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.”

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

