

## **Metta Sutta** (Loving-Kindness Sutra)

This is what should be done  
By those who are skilled in goodness  
And who know the path of peace:  
Let them be able and upright,  
Straightforward and gentle in speech.  
Humble and not conceited,  
Contented and easily satisfied.  
Unburdened with duties and frugal in  
    their ways.  
Peaceful and calm, wise and skillful,  
Not proud and demanding in nature.  
Let them not do the slightest thing  
That the wise would later reprove.  
Wishing: in gladness and in safety,  
May all beings be at ease.  
Whatever living beings there may be;  
Whether they are weak or strong,  
    omitting none,  
The great or the mighty, medium,  
    short, or small,  
The seen and the unseen,  
Those living near and far away,  
Those born and to-be born -  
May all beings be at ease!  
Let none deceive another,  
Or despise any being in any state.  
Let none through anger or ill-will  
Wish harm upon another.

Even as a mother protects with her life  
Her child, her only child,  
So with a boundless heart  
Should one cherish all living beings;  
Radiating kindness over the entire  
    world:  
Spreading upward to the skies,  
And downward to the depths;  
Outward and unbounded,  
Freed from hatred and ill-will.  
Whether standing or walking, seated  
    or lying down,  
Free from drowsiness,  
One should sustain this recollection.  
This is said to be the sublime abiding.  
By not holding to fixed views,  
The pure-hearted one, having clarity  
    of vision,  
Being freed from all sense desires,  
Is not born again into this world.

*Eko:*

May the merit of this extend  
    universally to all  
So that we and every living being  
May realize the Buddha way

*Dedication:*

All Buddhas throughout space and  
    time;  
All Beings, Bodhisattvas-Mahasattvas;  
Wisdom Beyond Wisdom;  
Maha Prajna Paramita.