

METTA SUTTA TRANSLATIONS Collected by Nomon Tim Burnett July, 2009

	Pali	Thanissaro Bhikkhu (more literal)	Our Sutra Book
1	Karaṇīyam atthakusalena yan taṃ santaṃ padaṃ abhisamecca: Sakko ujū ca sūjū ca suvaco c'assa mudu anatimānī,	This is to be done by one skilled in aims Who wants to break through to the state of peace Be capable, upright, & straightforward, Easy to instruct, gentle, & not conceited,	This is what should be accomplished by the one who is wise, who seeks the good, and has obtained peace. Let one be strenuous, upright, and sincere,
2	Santussako ca subharo ca appakicco ca sallahukavutti Santidriyo ca nipako ca appagabbho kulesu ananugiddho,	Content & easy to support, with few duties, living lightly, With peaceful faculties, masterful, modest, & no greed for supporters.	Let one not be submerged by the things of the world. Let one not take upon oneself the burden of riches. Let one's senses be controlled. Let one be wise but not puffed up and let one not desire great possessions even for one's family.
3	Na ca khuddaṃ samācare kiñci yena viññū pare upavadeyyuṃ Sukhino vā khemino hontu sabbe sattā bhavantu sukhittā:	Do not do the slightest thing that the wise would later censure. Think: Happy & secure, may all beings be happy at heart.	Let one do nothing that is mean or that the wise would reprove. May all beings be happy. May they be joyous and live in safety.
4	Ye keci pāṇabhūt' atthi tasā vā thāvarā vā anavasesā Dīgha vā ye mahantā vā majjhimā rassakā aṇukathulā	Whatever beings there may be, weak or strong, without exception, Long, large, middling, short, subtle, blatant,	All living beings, whether weak or strong, in high or middle or low realms of existence, small or great,
5	Diṭṭhā vā ye vā addiṭṭhā ye ca dūre vasanti avidūre Bhūtā vā sambhavesī vā sabbe sattā bhavantu sukhittā	Seen & unseen, near & far, Born & seeking birth: May all being be happy at heart.	visible or invisible, near or far, born or to be born, may all beings be happy.

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6	<p>Na paro paraṃ nikubbetha nâtimaññetha katthacinaṃ kañci</p> <p>Vyārosanā paṭighasaññā nâññamaññassa dukkham iccheyya</p>	<p>Let no one deceive another or despise anyone anywhere, Or through anger or irritation wish for another to suffer.</p>	<p>Let no one deceive another nor despise any being in any state. Let none by anger or hatred wish harm to another.</p>
7	<p>Mātā yathā niyaṃ puttāṃ āyusā ekaputtam anurakkhe</p> <p>Evam pi sabbabhūtesu mānasam bhāvaye aparimāṇaṃ</p>	<p>As a mother would risk her life to protect her child, her only child, Even so should one cultivate a limitless heart with regard to all beings</p>	<p>Even as a mother at the risk of her life watches over and protects her only child, so with a boundless mind should one cherish all living things,</p>
8	<p>Mettañ ca sabbalokasmiṃ mānasam bhāvaye aparimāṇaṃ</p> <p>Uddhaṃ adho ca tiriyañ ca asambādhaṃ averaṃ asapattaṃ</p>	<p>With good will for the entire cosmos, cultivate a limitless heart: Above, below, & all around, unobstructed, without enmity or hate.</p>	<p>suffusing love over the entire world, above, below, and all around, without limit. So let one cultivate an infinite good will toward the whole world.</p>
9	<p>Tiṭṭhaṃ caraṃ nisinno vā sayāno vā yāvat' assa vigatamidho</p> <p>Etaṃ satim adhiṭṭheyya brahmam etaṃ vihāraṃ idha-m-ahu</p>	<p>Whether standing, walking, sitting, or lying down, as long as one is alert, One should be resolved on this mindfulness. This is called a sublime abiding here & now.</p>	<p>Standing or walking, sitting or lying down, during all one's waking hours, let one practice the way with gratitude.</p>
1 0	<p>Diṭṭiñ ca anupagamma sīlavā dassanena sampanno</p> <p>Kāmesu vineyya gedhaṃ na hi jātu gabbhaseyyaṃ punar etī ti</p>	<p>Not taken with views, but virtuous & consummate in vision, Having subdued desire for sensual pleasures, One never again will lie in the womb.</p>	<p>Not holding to fixed views, endowed with insight, freed from sense appetites, one who achieves the way will be freed from the duality of birth and death.</p>