

# **The Karaniya Metta Sutta** **Tipiṭaka. Suttapiṭaka. Khuddakanikāya. Suttanipāta.** **Mettasutta.**

Sutta Nipata 1.8 Karaniya Metta Sutta  
Good Will  
Translated from the Pali by Thanissaro Bhikkhu  
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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, content & easy to support, with few duties, living lightly, with peaceful faculties, masterful, modest, & no greed for supporters.

Do not do the slightest thing that the wise would later censure.

Think: Happy, at rest, may all beings be happy at heart. Whatever beings there may be, weak or strong, without exception, long, large, middling, short, subtle, blatant, seen & unseen, near & far, born & seeking birth: May all beings be happy at heart.

Let no one deceive another or despise anyone anywhere, or through anger or irritation wish for another to suffer.

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. With good will for the entire cosmos, cultivate a limitless heart: Above, below, & all around, unobstructed, without hostility or hate. 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.

Not taken with views, but virtuous & consummate in vision, having subdued desire for sensual pleasures, one never again will lie in the womb.