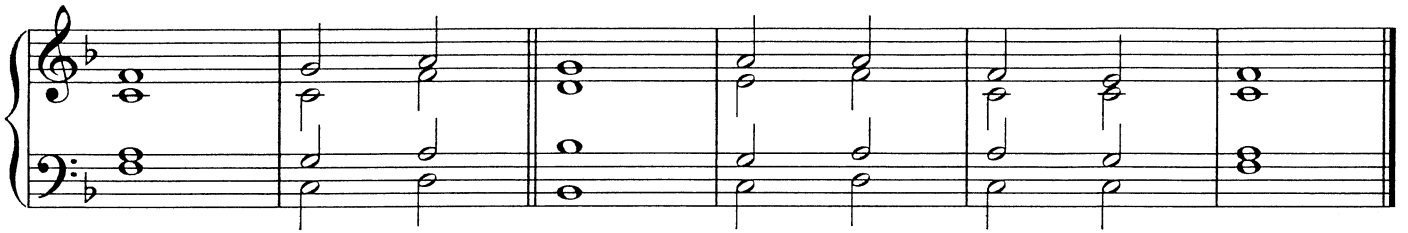


The Metta Sutra



This is what should | be done
By One who is | skilled in goodness
And who knows the path | of peace:
Let them be | able and upright,

Straightforward and gentle | in speech,
Humble and | not conceited,
Contented and easily sa | tisfied,
Unbur | dened with duties,

And frugal in | their ways,
Peaceful and calm and | wise and skillful,
Not proud or demanding in | nature.
Let them not | do the slightest thing

That the wise will later | reprove.
Wishing in gladness | and in safety:
May all beings be | at ease.
Whatever living | being there may be,

Whether they are weak | or strong,
O | mitting 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 an | other
Or despise any being | in any state.
Let none through anger or | ill-will
Wish harm | on another.

Even as a mother protects with | her life
Her child, her | only child,
So with a bound | less heart
Should one cherish | all living things.

Radiating kindness over the en | tire world,
Spreading | upward to the sky,
And downwards to | the depths,
Outwards | and unbounded,

Freed from hatred and | ill-will,
Whether stand | ing or walking,
Seated or ly | ing down,
Freed | from *all* drowsiness.

One should sustain this recol | lection.
This is said to be the sub | lime abiding.
By not holding to fixed views,¹ the Pure-Heart | ed One,
Having clarity of vision, ¹ is not born a | gain into this world.