

## Karaniya Metta Sutta: Good Will

This is to be done by one skilled in aims  
who wants to break through to the state of peace:

Be capable, upright, and straightforward,  
easy to instruct, gentle, and not conceited,  
content and easy to support,  
with few duties, living lightly,  
with peaceful faculties, masterful,  
modest, and 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 and unseen,  
    near and far,  
    born and 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, and all around,  
unobstructed, without enmity 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 and now.

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

**Source:** "Karaniya Metta Sutta: Good Will" (Sn 1.8), translated from the Pali by Thanissaro Bhikkhu.  
*Access to Insight (Legacy Edition)*, 30 November 2013, © 2004 Thanissaro Bhikkhu.  
<http://www.accesstoinight.org/tipitaka/kn/snp/snp.1.08.than.html> .

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