

## The Metta Sutra

# The Buddha's Words on Kindness

The **Metta Sutra** (*a sutra is a teaching of the Buddha*) is recited to study, reflect upon and generate the essence of Metta within oneself and for all sentient beings.

The Pali word "metta" is a multi-significant term meaning loving-kindness, friendliness, goodwill, benevolence, fellowship, amity, concord, inoffensiveness and non-violence.

Metta is defined as the strong wish for the welfare and happiness of others.

Essentially metta is an altruistic attitude of love and friendliness as distinguished from mere amiability based on self-interest.

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## The Metta Sutra

This is the work for those who are skilled and peaceful, who seek the good:  
May they be able and upright, straightforward, of gentle speech and not proud.  
May they be content and easily supported, unburdened with their senses calmed.  
May they be wise, not arrogant and without desire for the possessions of others.  
May they do nothing mean or that the wise would reprove.

May all beings be happy.  
May they live in safety and joy.  
All living beings, whether weak or strong, tall, stout, medium or short, seen or unseen,  
near or distant, born or to be born, may they all be happy.

Let no one deceive another or despise any being in any state,  
let none by anger or hatred wish harm to another.  
As a mother watches over her child, willing to risk her own life to protect her only child,  
so with a boundless heart should one cherish all living beings,  
suffusing the whole world with unobstructed loving-kindness.

Standing or walking, sitting or lying down, during all one's waking hours,  
may one remain mindful of this heart and this way of living that is the best in the world.  
Unattached to speculations, views and sense desires, with clear vision,  
such a person will never be reborn in the cycles of suffering.

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"The Buddha himself said that if you repeatedly practice this prayerful meditation -- with a forgiving, loving heart while relinquishing judgment, anger and prejudice -- great benefits will ensue: you will sleep easily, wake easily and have pleasant dreams, people will love you, celestial beings will love you and protect you; poisons, weapons, fire, and other external dangers will not harm you; your face will be radiant and your mind concentrated and serene; and you will die unconfused and be reborn in happy realms."

-- Lama Surya Das, *Awakening the Buddha Within*