

Mettā Sutta (The Buddha's Words on Lovingkindness)

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 satisfied,
unburdened with duties and frugal in their ways.

Peaceful and calm, and wise and skillful,
not proud and demanding in nature.

Let them not do the slightest thing
that the wise would later reprove,
wishing: In gladness and in safety,
may all beings be at ease.

Whatever living beings there may be,
whether they are weak or strong, omitting 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 another or despise any being in any state.
Let none through anger or ill-will wish harm upon another.

Even as a mother protects with her life
her child, her only child,
so with a boundless heart
should one cherish all living beings,
radiating kindness over the entire world:
spreading upwards to the skies
and downwards to the depths,
outwards and unbounded,
freed from hatred and ill-will.

Whether standing or walking, seated or lying down,
free from drowsiness,
one should sustain this recollection.
This is said to be the sublime abiding.

By not holding to fixed views,
the pure-hearted one, having clarity of vision,
being freed from all sense-desires,
is not born again into this world.