

METTĀNISAMSA SUTTA

The Discourse on the Profit of Loving-Kindness
(Anguttara Nikāya)

Evaṃ me sutam,

Ekaṃ samayaṃ Bhagavā Sāvattiyam viharati Jetavane Anāthapiṇḍikassa arāme. Tatra kho Bhagavā bhikkhū āmantesi: “Bhikkhavo” ti, “Bhadante” ti te bhikkhū Bhagavato paccassosum. Bhagavā etadavoca:

Thus it has been heard by me:

Once upon a time the Lord was sojourning in Sāvattī near Jeta’s grove in the park of Anāthapiṇḍika. There, indeed, the Lord addressed the monks: “O monks.” “(Yes) Sir,” those monks replied the Lord. The Lord spoke thus:

Mettāya bhikkhave cetovimuttiyā āsevitāya bhāvitāya bahulikatāya yānikatāya vatthukatāya anuṭṭhitāya paricitāya susamāraddhāya ekādasānisamsā pāṭikaṅkhā. Katame ekādasā?

O monks, there are eleven profits expected from love, (that arises) from the emancipation of the heart, associated (fondly), developed, made much of, made a habit of, made a basis of, effected (or experienced), practised, well started. What are the eleven?

Sukhaṃ supati, sukhaṃ paṭibujjhati, na pāpakaṃ supinaṃ passati, manussānaṃ piyo hoti, amanussānaṃ piyo hoti, devatā rakkhanti, nāssa aggi vā visaṃ vā satthaṃ vā kamati, tuvaṭaṃ cittaṃ samādhiyati, mukhavaṇṇo vippasīdati, asammūḷho kālaṃ karoti, uttarim appaṭivijjhanto brahmalokūpago hoti.

(One) sleeps well, gets up well, does not see bad dreams, becomes affectionate to human beings, becomes affectionate to non-human beings. The deities protect (him). Neither fire nor poison nor a weapon affect (him). His mind becomes calm immediately. The colour of his face brightens. He attains death in good senses. Beyond that, if he does not comprehend (Nibbāna), he goes to the world of the brahmas.

Mettāya bhikkhave cetovimuttiyā āsevitāya bhāvitāya bahulikatāya yānikatāya vatthukatāya anuṭṭhitāya paricitāya susamāraddhāya ime ekādasānisamsā pāṭikaṅkhā’ti, idamavoca Bhagavā, attamanā te bhikkhū Bhagavato bhāsitaṃ abhinandan’ti.

O, monks, from love, (that arises) from the emancipation of the heart, associated (fondly), developed, made much of, made a habit of, made a basis of, effected (or experienced), practised, well started, these eleven profits are expected.” The Lord said thus. Those monks rejoiced at what was said by the Lord.

Etena sacca vajjena sotthi te (me) hotu sabbadā!

Etena sacca vajjena sabba rogo vinassatu!

Etena sacca vajjena hotu te (me) jayamangalaṃ!

By the firm determination of this truth,
may you (I) be well!

By the firm determination of this truth,
may you (I) be healthy!

By the firm determination of this truth,
may joyous victory be yours (mine)!