

METTĀNUSSATI BHĀVANĀ

Meditation on Loving-Kindness

- 1. Attūpamāya sabbesaṃ
Sattānaṃ sukha kāmataṃ
Passivā kamato mettaṃ
Sabba sattesu Bhāvaye**

Having compared oneself with others, one should practice loving-kindness towards all beings by realizing that everyone desires happiness.

- 2. Sukhī bhaveyyaṃ niddukkho
Ahaṃ niccaṃ ahaṃ viya
Hitā ca me sukhī hontu
Majjhaṭṭhā thaca verino**

May I be free from sorrow and always be happy. May those who desire my welfare, those who are indifferent towards me, and those who hate me, also be happy.

- 3. Imamhi gāmakkhettamhi
Sattā hontu sukhī sadā
Tato parañca rajjesu
Cakkavāḷesu jantuno**

May all beings who live in this vicinity and those who live in other kingdoms in this world system be happy.

- 4. Samantā cakkavāḷesu
Sattānaṃ tesu pāṇino
Sukhino puggalā bhūtā
Attabhāva gatā siyuṃ**

May all beings living in every world system and each element of life within such a system be happy, and achieve the highest bliss.

- 5. Tathā itthi pumāceva
Ariyā anariyā pica
Devā narā apāyaṭṭhā
Tathā dasa disāsu cā'ti**

Likewise, women, men, the wise, unwise, gods and those in woeful states and those living in the ten directions – may all these beings be happy.