


# Karaniya Metta Sutta: Good Will

translated from the Pali by  
Thanissaro Bhikkhu

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

Be capable, upright, & straightforward,  
easy to instruct, gentle, & not conceited,  
content & easy to support,  
with few duties, living lightly,  
with peaceful faculties, masterful,  
modest, & 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 & unseen,  
    near & far,  
    born & 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, & 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 & now.

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



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**How to cite this document** (a suggested style): "Karaniya Metta Sutta: Good Will" (Sn 1.8), translated from the Pali by Thanissaro Bhikkhu. *Access to Insight (BCBS Edition)*, 30 November 2013, <http://www.accesstoinsight.org/tipitaka/kn/snp/snp.1.08.than.html> .