BUDDHA'S WORDS ABOUT LOVING KINDNESS

KARANIYA METTA SUTTA

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RIGON TASHI CHOELING MONASTERY,
PHARPING, NEPAL

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This is what should be done by those who are skill in goodness and who knows the path of peace.

Let them be able and upright, straight forward and gentle in speech, humble and not conceited, contented and easily satisfied. Unburdened with the duties and frugal in their ways.

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

Let them not do the slightest thing that the wises would later reprobate.

Wishing in gladness and in safety, May all beings be at ease!

Let non deceive another, nor despise any being in any state. Let non through anger or ill-will whish harm upon another.



Just as a mother protects with her life her child, her only child, so, with a boundless heart should one cherish all living beings, spreading kindness upwards to the skies, and downwards to the depth, outwards and unbounded, free from hatred and ill-will.

Every living being may exist,
weak or strong, without omit anyone,
those big or powerful,
medium-sized, short or small,
those visible or invisible,
residing near or far,
those born and those who have yet to come,
May all beings be at ease!

Whether standing or walking seated or lying down, free from drossiness, one should sustain this recollection. This is said to be the sublime abiding, by not holding to fixed views, the pure hearted one, having the clarity of vision, been freed from all sense desires is not born again into this samsara.