

## The Metta Sutta / Sutra

The full text of the Discourse on Loving Friendliness:

Translated by Bhante Gunaratana

One skilled in good, wishing to attain  
That state of peace, should act thus:  
One should be able, straight, upright,  
Obedient, gentle and humble.

One should be content, easy to support,  
With few duties, living lightly,  
Controlled in senses, discreet,  
Not impudent, unattached to families.

One should not do any slight wrong  
Which the wise might censure.  
May all beings be happy and secure!  
May all beings have happy minds!

Whatever living beings there may be  
Without exception: weak or strong;  
Long, large, medium, short;  
Subtle or gross;

Visible or invisible;  
Living near or far;  
Born or coming to birth  
May all beings have happy minds!

Let no one deceive another  
Nor despise anyone anywhere  
Neither from anger nor ill-will  
Should anyone wish harm to another.

As a mother would risk her own life  
To protect her only child,

Even so towards all living beings  
One should cultivate a boundless heart

One should cultivate for all the world  
A heart of boundless loving friendliness,  
Above, below, and all around,  
Unobstructed, without hatred or resentment.

Whether standing, walking or sitting,  
Lying down or whenever awake,  
One should develop this mindfulness.  
This is called divinely dwelling here.

Not falling into erroneous views  
But virtuous and endowed with vision,  
Removing desire for sensual pleasures,  
One comes never again to birth in the womb.

### **The 11 Benefits of Metta:**

1. You will sleep easily.
2. You will wake easily.
3. You will have pleasant dreams.
4. People will love you.
5. Animals and Devas will love you.
6. Devas will protect you.
7. External dangers, i.e. fire, poison, and weapons, will not harm you.
8. Your face will be radiant.
9. Your mind will be serene.
10. You will die unconfused.
11. You will be reborn in happy realms.