

### **Metta Sutta - Loving Kindness**

What profitable things should be done to attain that appeased state...

Be able, straight forward, quite straight forward, suave, gentle, and not conceited.

Satisfied, easily supported, have few things to do and a light living,

Mental faculties calmed become clever, not daring, and not greedily attached to families.

The slightest thing looked down by other wise ones should not be done,

May mental happiness and appeasement be , may all come to well being.

Who ever living thing be infirm or firm or otherwise,

Long or huge, middle sized, short or very small

Seen and not seen, living far and near,

Born and to be born, - may all beings be well and happy.

May one not talk belittling another, and for no reason think another as inferior,

May one not desire unpleasantness to another with an angry repulsive mind.

Like a mother protecting her only son's life would think,

Develop that same thought towards all beings limitlessly.

Develop loving kindness too towards all beings limitlessly

Above, below, across, without an obstacle, anger or enmity.

Standing, sitting, or walking or even when lying as long as awake

Intend this mental attitude, it is called the divine abiding...

Not tarrying in any view, become virtuous and come to righteousness of view

Greed for sensuality appeased, is not born again in a womb.

*Sutta was taken from [www.metta.lk](http://www.metta.lk) website...*