

THE BUDDHA'S WORDS ON LOVING KINDNESS

(Karaniya Metta Sutta)

(Now let us chant the Buddha's words on loving-kindness.)

[This is what should *be* done]
By one *who* is **skilled** in goodness
And who knows the *path* of peace:
Let them *be* able and **upright**,
Straightforward and **gentle** in speech,
Humble and not **conceited**,
Contented and **easily satisfied**,
Unburdened with duties and frugal **in** *their* ways.
Peaceful and calm, and **wise** and *skillful*,
Not proud and **demanding** in nature.
Let them not *do* the **slightest** thing
That the wise would **later** reprove,
Wishing: In gladness *and* in **safety**,
May all beings **be** at ease.
Whatever living beings *there may* be,
Whether they are **weak** or strong, *omitting* none,
The great or the mighty, medium, **short**, or small,
The seen *and* the **unseen**,
Those living near and **far** away,
Those born *and* to **be** born.
May all **beings** *be* at ease.
Let **none** deceive *another*
Or *despise* any being in *any* state.
Let none through anger or *ill-will*
Wish **harm** upon *another*.
Even as a mother *protects* with *her* life
Her child, her *only* child,
So with a **boundless** heart
Should one cherish all **living** beings,
Radiating kindness over the **entire** world:
Spreading upwards to the **skies**
And *downwards to* **the** depths,
Outwards and *unbounded*,
Freed from **hatred** and *ill-will*.
Whether standing or walking, seated or **lying** down,
Free from drowsiness,
One should sustain this *recollection*.
This is said to be *the* **sublime** abiding.
By not holding to *fixed* views,
The pure-**hearted** one, having clarity *of* vision,
Being freed *from* all sense-desires,
Is not **born** again *into* **this** world.

fett = hoch

kursiv = tief

Unterstrich = lang