

Metta (Lovingkindness) Sutra

(Syllables with a downward arrow underneath are sung on a lower tone; syllables with an upward arrow above are sung on a higher tone. Underlined syllables are held longer.)

Chant leader alone –

Metta Sutra●

All together –

This is what should be done

By one who is skilled in good • ness

And knows the path of peace

Let them be able and up • right

Straight • forward and gen • tle in speech

Humble and not con • cei • ted,

Con • tented and eas • ily sat • isfied

Unburdened with dut • ies

And frugal in their ways,

Peaceful and calm, and wise and skill • ful,

Not proud and de • man • ding in na • ture.

Let them not do the sligh • test thing

That the wise would la • ter re • prove.

Wishing: In gladness and in sa • fety,

May all be • ings be at ease.

Whatever li • ving be • ings there may be,

Whether they are weak or strong,

O • mit • ting none:

The great or the mi • ghty,

Medium, short or small;

the seen and the un · seen,
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 ▼
 Those living near and far a · way,
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 ▼
 Those born and to-be-born.
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 ▼
 May all be · ings be at ease!
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 Let none de · ceive a · no · ther,
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 ▼
 Or des · pise a · ny be · ing in a · ny state;
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 ▼
 Let none through anger or ill-will
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 ▼
 Wish harm u · pon a · no · ther.
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 Even as a mo · ther pro · TECTS with her life
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 ▼
 Her child, her on · ly child,
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So with a bound · less heart
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 ▼
 Should one cherish all liv · ing beings;
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 ▼
 Radiating kind · ness
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 ▼
 over the en · ti · re world,
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 ▼

Spreading upwards to the skies
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 ▼
 and down · wards to the depths,
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 ▼
 Outwards and un · bound · ed,
 ▲
 ▼
 Freed from ha · tred and ill-will.
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 ▼
 Whether standing or walk · ing,
 ▲
 ▼
 Seated or ly · ing down,
 ▲
 ▼
 Free from drow · siness,
 ▲
 ▼
One should sus · tain this re · col · lec · tion.
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 ▼
 This is said to be the sub · lime a · bi · ding:
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 ▼
 By not holding to fixed views,
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 ▼
 The pure-hear · ted one,
 ▲
 ▼
 Having clarity of vi · sion,
 ▲
 ▼
 Being freed from all sense de · sires,
 ▲
 ▼
 Is not born a · gain in · to this world.
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