

You may have read that the Burmese monastics and lay people have been chanting the Buddha's words on lovingkindness or "metta" during many of their marches. If you do not know it already, here are the words in Pali and in English.

### **The Karaniya Metta Sutta the Buddha's discourse on Loving Kindness**

**1**

Karaniyam atthakusalena  
Yan tam santam padam abhisamecca  
Sakko uju ca suju ca  
Suvaco c'assa mudu anatimani

This is what should be done  
By one who is skilled in goodness  
Having glimpsed the state of perfect peace,  
Let them be able, honest and upright,  
Gentle in speech, meek and not proud.

**2**

Santussako ca subharo ca  
Appakicco ca sallahukavutti  
Santindriyo ca nipako ca  
Appagabbho kulesu ananugiddho

Contented and easy to support,  
With few duties, and simple in living.  
Tranquil their senses, masterful and modest,  
without greed for supporters

**3**

Na ca khuddam samacare kinci  
Yena viññu pare upavadeyyum  
Sukhino va khemino hontu  
Sabbe satta bhavantu sukhitatta

Also, let them not do the slightest thing  
That the wise would later reprove.  
Let them cultivate the thought:  
May all be well and secure,  
May all beings be happy

**4**

Ye keci panabhut'atthi  
Tasa va thavara va anavasesa  
Digha va ye mahanta va  
Majjhima rassakanukathula

Whatever living creatures there be,  
Without exception, weak or strong,  
Long, huge or middle-sized,  
Or short, minute or bulky,

**5**

Dittha va yeva adittha  
Ye ca dure vasanti avidure  
Bhuta va sambhavesi va  
Sabbe satta bhavantu sukhitatta

Whether visible or invisible,  
And those living far or near,  
The born and those seeking birth,  
May all beings be happy

**6**

Na paro param nikubbetha  
Natimaññetha katthacinam kanci  
Byarosana patighasañña  
Naññamaññassa dukkham iccheyya

Let none deceive another  
Or despise any being in any state;  
Let none wish others harm  
In resentment or in hate.

**7**

Mata yatha niyam puttam  
Ayusa ekaputtam anurakkhe  
Evampi sabbabhutesu  
Manasam bhavaye aparimanam

Just as with her own life  
A mother shields her child,  
her only child, from hurt  
Let all-embracing thoughts  
For all beings be yours.

**8**

Mettañ ca sabba-lokasmim  
Manasam bhavaye aparimanam  
Uddham adho ca tiriyanca  
Asambadham averam asapattam

Cultivate a limitless heart of goodwill  
For all throughout the cosmos,  
In all its height, depth and breadth --  
Love that is untroubled  
And beyond hatred or enmity.

**9**

Titthañ caram nisinno va  
Sayano va yavat'assa vigatamiddho  
Etam satim adhittheyya  
Brahmam etam viharam idhamahu

As you stand, walk, sit or lie,  
So long as you are awake,  
Pursue this awareness with your might:  
It is deemed the Divine Abiding- here and  
now.

**10**

Ditthiñca anupagamma silava  
Dassanena sampanno  
Kamesu vineyya gedham  
Na hi jatu gabbhaseyyam punar eti'ti

Holding no more to wrong views,  
A pure-hearted one, having clarity  
of vision, being freed from all sense desires,  
Is not born again into this world.