

The Buddha's words on Loving Kindness (Metta)

If you know what is truly good for you and understand the possibility of reaching a state of perfect peace, then this is how you need to live.

Start as a capable person who is upright (really upright), gently spoken, flexible, and not conceited.

Then become contented and happy, with few worries and an uncomplicated life. Make sure your sense experience is calm and controlled, be duly respectful, and don't hanker after families or groups.* And avoid doing anything unworthy, that wiser people would criticise.

Then meditate like this:

May all be happy and feel secure. May all beings become happy in their heart of hearts!

And think of every living thing without exception: the weak and the strong, from the smallest to the largest, whether you can see them or not, living nearby or far away, beings living now or yet to arise — may all beings become happy in their heart of hearts!

May no one deceive or look down on anyone anywhere, for any reason. Whether through feeling angry or through reacting to someone else, may no one want another to suffer.

As strongly as a mother, perhaps risking her life, cherishes her child, her only child, develop an unlimited heart for all beings. Develop an unlimited heart of friendliness (metta) for the entire universe, sending metta above, below, and all around, beyond all narrowness, beyond all rivalry, beyond all hatred.

Whether you are staying in one place or travelling, sitting down or in bed, in all your waking hours rest in this mindfulness, which is known as like living in heaven right here and now!

In this way, you will come to let go of views, be spontaneously ethical, and have perfect Insight. And leaving behind craving for sense pleasures, from the rounds of rebirth you will finally be completely free!

Translated by Ratnaprabha (<https://ratnaprabha.net/2014/08/31/the-path-of-unlimited-friendliness>)

- This teaching was first delivered to monastics. We can reflect on our own equivalent advice.