

Karaniya Metta Sutta



Universal Loving Kindness

To Commemorate
VISHVA SĀMA SAMĀDHI
2006.10.02
at
Anuradhapura
Sri Lanka
With Metta

To:

.....
From:
.....

My Constant Companion
for

Healing the Mind

Healing the Society

Healing the Environment

This little booklet is a small gift to you from our Sarvodaya Movement. Although the texts originate from the words of The Buddha, who happens to be our Teacher, it is our conviction that these words are universal enough to make them equally valid and adaptable in all other religions.

A globally practised Universal Loving Kindness could guide our world towards Peace, Justice and Happiness.

May this booklet serve you as a guide-line for many years to come and may it become your "driver's licence" for the rest of your life!

In our daily work we meet all kinds of people. Some of them are very pleasant and amiable. On occasions we meet a person who has come up against us. As soon as we realize this we double the strength of the Charm, the *Karaniya Metta Sutta*, and his anger fades away and he leaves saying: "I shall see you again", with a smile.

When we repeat this Charm, the *Karaniya Metta Sutta*, something helps us and gives us assurance and confidence. We cannot explain it.

We also cannot explain how some of the food we ate became blood and bone and flesh and brain

but we have not stopped eating because we cannot explain it. In the same way we cannot explain the power of this Charm, the *Karaniya Metta Sutta*. It is not for explanation but for realization.

When we look for upliftment, whether spiritual or otherwise, we have to look within ourselves; no external force can give this. For the realization of this force we must be absolutely honest in every sense of the word.

When we apply this Charm, the *Karaniya Metta Sutta*, to everyday life we realize how well we could face the so-called vicissitudes of life.

Discourse on Lovingkindness

(Karaniya Metta Sutta)

While the Buddha was staying at Savatthi, a band of monks having received subjects of meditation from the Master, proceeded to a forest to spend the rainy season (vassana). The tree deities inhabiting this forest were worried by their arrival, as they had to descend from tree abodes and dwell on the ground. They hoped, however, the monks would leave soon; but finding that the monks would stay the vassana period of three months, harassed them in diverse ways, during the night with the intention of scaring them away.

Living under such conditions being impossible, the monks went to the Master and informed him of their difficulties. Thereon the Buddha instructed them in the *Metta Sutta*, and advised their return equipped with this sutta for their protection.

The monks went back to the forest, and practising the instruction conveyed, permeated the whole atmosphere with their radiant thoughts of *Metta* – Loving-Kindness – The deities so affected by this power of love, henceforth allowed them to meditate in peace.

The discourse gets divided into two parts. The first detailing the

standard of moral conduct required by one who wishes to attain Purity and Peace, and the second the method of practice of *Metta*.

1. **H**e who is skilled in (working out his own) well being, and who wishes to attain that state of Calm (Nibbana) should act thus: He should be dexterous, upright, exceedingly upright, obedient, gentle and humble.

2. **C**ontented, easily supportable, with but few responsibilities, of simple livelihood, controlled in the senses, prudent, controlled in the senses, prudent, courteous, and not hanker after associations with families.

3. **L**et him not perform the slightest

wrong for which wise men may rebuke him. (Let him think:) 'May all beings be happy and safe. May they all have happy minds.'

4 & 5. **W**hatever living beings there may be – feeble or strong (or the seekers and the attained) long, stout, or of medium size, short, small, large, those seen or those unseen, those dwelling far or near, those who are born as well as those yet to be born – may all beings have happy minds!

6. **L**et him not deceive another nor despise anyone anywhere in anger or illwill let him not wish another ill.

7. **J**ust as a mother would protect her only child with her life even so let one

cultivate a boundless love towards all beings.

8. **L**et him radiate boundless love towards the entire world – above below and across – unhindered, without illwill, without enmity.

9. **S**tanding, walking, sitting or reclining, as long as he is awake, let him develop this mindfulness. This they say, is 'Noble Living' here.

10. **N**ot falling into wrong views – being virtuous, endowed with Insight, lust in the senses discarded – verily never again will he return to conceive in a womb.

Discourse on advantages of Lovingkindness *(Mettanisumsa Sutta)*

On one occasion the Buddha was living near Savatthi at Jetavana at Anathapindika's monastery. Then he addressed the monks as follows:

Monks, eleven advantages are to be expected from the release (deliverance) of heart by familiarizing oneself with thoughts of Lovingkindness (*Metta*), by the cultivation of Lovingkindness, by constantly increasing these thoughts, by regarding Lovingkindness as a vehicle (of expression), and also as something to be treasured, by living in

conformity with these thoughts, by putting these ideas into practice, and by establishing them. What are these eleven?

1. *He sleeps in comfort.*
2. *He awakes in comfort.*
3. *He sees not evil dreams.*
4. *He is dear to human beings.*
5. *The Cosmic Power protects him.*
6. *Fire, poison and sword cannot touch him.*
7. *His mind can concentrate quickly.*
8. *His countenance is serene.*
9. *He dies without being confused in mind.*
10. *If he fails to attain Arahantship (the highest sanctity) here and now, he will be reborn in the brahma-world.*

These eleven advantages, monks, are to be expected from the release of heart by familiarizing oneself with thoughts of Lovingkindness, by cultivation of Lovingkindness, by constantly increasing these thoughts, by regarding Lovingkindness as a vehicle (of expression), and also as something to be treasured, by living in conformity with these thoughts, by putting these ideas into practice and by establishing them.

By this Truth may I ever be safe!

By this Truth may all ailments cease!

By this Truth may the world ever be happy!

*"Hate is not overcome by hate,
By love alone it is quelled;
This is a truth of ancient date,
Today still unexcelled."*

Let us memorise this:
MAY ALL BEINGS BE WELL AND
HAPPY!

This booklet is designed to be carried in one's wallet, handbag or schoolbag. In course of time it will become a companion and a useful asset.

VISHVA LEKHA

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*Join to create a
critical mass of
spiritual consciousness in
Humanity to create Peace
in the Mind the Society
and the Environment*