
1a  Kāraṇīyam attha-kusalenā, yanta santaṃ padaṃ abhisamecca;

1b  Sakko ujū ca suhujū [sūjū] ca, suvaco cassa mudu anatimāṇi.

1. "He 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.

2a  Santus-sako ca subharo ca, appakicco ca sallahukavutti;

2b  Santi-indriyo ca nipako ca, appagabbho kulesv-an-anugiddho.

2. "Contented, easily supportable, with but few responsibilities, of simple livelihood, controlled in the senses, prudent, courteous, and not hanker after association with families.

3a  Na ca khuddam ācare kiñci, yena viññū pare upavadeyyuṃ;

3b  Sukhinova khamino hontu, sabba-sattā [sabbe sattā] bhavantu sukhitattā.

3. "Let 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 have happy minds.'

4a  Ye keci pāṇabhūta-atthi, tasā vā thāvarā vana-vasesā;

4b  Dīghā vā yeva mahantā [mahanta], majjhimā rassakā aṅuka-thūlā.

5a  Diṭṭhā vā yeva adiṭṭhā [adiṭṭha], ye va [ye ca] dūre vasanti avidūre;

5b  Bhūtā vā [vā] sambhavesī va [vā], sabba-sattā bhavantu sukhitattā.

4-5. "Whatever 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.
6a. Na paro paraṇa nikubbetha, na-atimaṭṭetha katthaci na kaṇci [naṁ kaṇci, naṁ kiṁci, na kiṁci];

6b. Byāroṣana paṭighas aṁña, na-aṁnanaṁnaṁsa dukkham iccheyya.

6. "Let him not deceive another nor despise anyone anywhere. In anger or ill will let him not wish another ill.

7a. Mātā yathā niyam puttam āyusā ekā-puttam anurakkhe;

7b. Evampi sabbabhūtesu, mānasam bhāvaye aparimāṇaṁ.

7. "Just as a mother would protect her only child with her life even so let one cultivate a boundless love towards all beings.

8a. Metṭaṁca saba-lokasmī, mānasam bhāvaye aparimāṇaṁ;

8b. Uddhāṁ adho ca tiriyaṇca, asambādhaṁ averamasappattāṁ.

8. "Let him radiate boundless love towards the entire world — above, below, and across — unhindered, without ill will, without enmity.

9a. Tiṭṭhaṁ caraṇa nisinno va [vā], sayāno yāvatāssa vitamiddho [vigatamiddho];

9b. Etaṁ satīṁ adhiṭṭheyya, brahmam etaṁ vihāram idham āhu.

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

10a. Diṭṭhiṇ-ca anupaggamma, sīlāvā dassanena sampanno;


10. "Not 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."
Metta Sutta Vocab

1a.
karaniya [gradv. kar-] ought to be done. (nt.), duty; obligation.
attha-kusala [adj.] clever in finding what is beneficial; clever in exposition.
attha [m.} welfare; gain; wealth; need; want; use; meaning; destruction.
kusala [nt.] good action; merit; virtue. (adj.), clever.
santa [pp. of samenati] 1. calmed; peaceful; 2. tired; wearied. (adj.), existing. (m.), a virtuous man.
pada [nt.] foot; foot-step; a word; position; place; reason; cause; the final rest.
abhisamecca [abs. of abhisameti] having understood thoroughly.

1b.
sakka [adj.] able; possible. (m.), 1. a man of the Sákya race; 2. the king of devas.
aju [adj.] straight; up-right.
suju [adj.] upright.
suvaca [adj.] obedient; meek; compliant.
mudu [adj.] soft; mild; tender.

2a.
santussaka [adj.] content: glad.
saka [adj.] one's own. (m.) a relation. (nt.) one's own property.
subbara [adj.] easily supported of food.
appakicca [adj.] having few duties.
sabbhaka [adj.] light; frugal.
vutti [f.] conduct; habit; practice; usage; livelihood. || vutti (adj.) having the habit or practice of.

2b.
santi [f.] peace; calmness; tranquillity.
indriya [nt.] controlling principal: faculty; sense.
nipaka [adj.] clever; prudent; wise.
appaggabbha [adj.] not proud or impudent.
kula [nt.] a family; clan; caste.
an- [ptc.] not
anugiddha [pp. of anugijjhati] covetous; greedy.

3a.
khudda [adj.] small; inferior; insignificant. || khudda (f.), a kind of small bees.
acakati [ā+car] acts; practises or perform. acare = 3s.Opt.
kiñci [indf.rel.] something, anything.
yena [rel.prn.] by which.
evīñño [adj.] wise. (m.) a wise man.
pa (adj.) other; another; foreign; alien; outsider.

3b.
khemi [m.] one who enjoys security.
bontu = 3p.impv. bhū- bhavati
sabba [adj.] all; every; whole; entire.
bhavantu = 3p.impv. bhū- bhavati

sukha [nt.] happiness; comfort.

4a.
pañcabhūta [m.] a living being.
atthi = 3s.Pres. as- 'to be'
tasa [adj.] moveable; trembling.
thāvara [adj.] immovable; long-lasting.
vana-vāsi [adj.] dwelling in the forest.
vana [nt.] a wood; forest.

4b.
digha [adj.] long.
mahānt [adj.] great; big; extensive.
majjhima [adj.] middle; medium; moderate; central.
rassa [adj.] short; dwarfish; stunted.
thulla [adj.] massive; fat; grave; gross.

5a.
ditthā [pp. of passati] seen; found; understood. (nt.), vision.
dūra [adj.] distant; far. (nt.), distance.
vassati [vas-] lives; abides; dwells; stays.

5b.
bhūta [pp. of bhavati] become; existed; being.

6a.
para [adj.] other; another; foreign; alien; outsider.
kathaci [ind.] somewhere.

6b.
pātigha [m.] anger; repulsion; collision.
ānāmaṇāṇaṁ [adv.] one another; each other; mutually.
dukkhha [nt.] suffering; pain; misery; agony; discomfort.

7a.
mātū [f.] mother.
yathā [adv.] as; like; in relation to; according to; in whatever way; just as.
niya [adj.] one's own.
putta [m.] a son; a child.
āyū [nt.] life, age.
ēka [adj.] One, (only in the sing.).

7b.
evām [adv.] thus; in this way; (in reply:) yes.
api [ind.] and; even; and then.
sabba [adj.] all; every; whole; entire.
bhāta [pp. of bhavati] become; existed; being.
mānasu [nt.] mind; intention. (adj.), (in cpds.) having the intention of.
bhāvete [bhū+cf] increases; cultivates; develops. // bhāvaye = 3s.Opt. ?

aparamāna [adj.] limitless; immeasurable.
8a.  
metta [f.] amity; benevolence.  
sarba [adj.] all; every; whole; entire.  
loka [n.] the world; the population.  
aparimāṇa [adj.] limitless; immeasurable.  

8b.  
uddhaṃ [adv.] high up; above; ahead; hence; zenith.  
adhe [ind.] under; below.  
tiriyam [adv.] across; transversely.  
a- [prefix] not  
sambādha [n.] pressure; crowding; inconvenience.  
avera [adj.] friendly. (nt.) kindness.  
asapatta [int.] without enmity; peaceful.  

9a.  
tiṭṭhati [pr. p. of tiṭṭhati] standing; staying.  
carant [pr. p. of carati] walking or roaming about.  
nisinna [pp. of nisidati] sat down.  
sayāna [adv.] sleeping; lying down.  
vigata [pp. of vigacchati] gone away; ceased; deprived of: being without.  
middha [n.] torpor; drowsiness.  

9b.  
sati [f.] memory; mindfulness.  
adhiṭṭhi [adv.] stands firmly; determines; fixes one's attention on. // adhiṭṭheteyya = 3s.Opt.  
vihāra [n.] an abode; a dwelling place; mode of life; passing the time.  
idha [adv.] here; in this world or existence.  
āhu (3rd pl. of pret.), they have said.  

10a.  
dītiṣhi [f.] dogma; theory; belief.  
silavat [adj.] virtuous; observing the moral practices.  
dsāsana [n.] sight; intuition; insight.  
sampanna [pp. of sampajati] succeeded; prospered; happened; become.  

10b.  
kāma [n.] pleasure; lust; enjoyment; an object of sexual enjoyment.  
vineya [abs. of vineti] having removed. (adj.) fit to be trained.  
gedha [n.] greed.  
gabhusayya [f.] conception in a womb.  
gabha [m.] interior; the womb; embryo; an inner chamber.  
seyya [f.] a bed; bedding; sleep.  
punā [ind.] again.