

## ***Abundant, Exalted, Immeasurable***

The Middle Length Discourses of the Buddha: A Translation of the Majjhima  
Nikaya (The Teachings of the Buddha)  
MN 99 Subha Sutta

Buddha: “What, student, is the path to the company of Brahmā? Here a bhikkhu abides

*I will abide pervading one quarter with a mind imbued with  
loving-kindness,  
likewise the second,  
likewise the third,  
likewise the fourth;  
so above, below, around, and everywhere,  
and to all as to myself,*

*I will abide pervading the all-encompassing world with a mind  
imbued with loving-kindness,  
abundant,  
exalted,  
immeasurable,  
without hostility, and without ill will.*

When the deliverance of mind by loving-kindness is developed in this way, no limiting action remains there, none persists there. Just as a vigorous trumpeter could make himself heard without difficulty in the four quarters, so too, when the deliverance of mind by loving-kindness is developed in this way, no limiting action remains there, none persists there. This is the path to the company of Brahmā.