

Metta Week 3: The Metta Sutta and a passage from Shantideva

This week we offer two much-loved Buddhist expressions of the universal and boundless nature of this Parami of goodwill or kindness: the *Metta Sutta* from our Theravadin tradition and an excerpt from the Mahayana classic *The Bodhisattva's Way of Life* by Shantideva, an Indian Buddhist monk and scholar (685-763 CE).

The Metta Sutta is offered in a translation from the monks at Amaravati monastery in England. From the link just below, you may find (on p. 37 & 39) a version with tone markings to chant along with, as well as links to recordings of the chanting in Pali and English.

<https://www.amaravati.org/dhamma-books/chanting-book/>

If you would like to know more about this Sutta, Diana Clark recently offered a half day of teachings on it here: <https://www.audiodharma.org/series/240/talk/9948/>

The Buddha's Words on Loving Kindness:

This is what should be done

 By one who is skilled in goodness,
And who knows the path of peace:
 Let them be able and upright,
Straightforward and gentle in speech,
 Humble and not conceited,
Contented and easily satisfied,
 Unburdened with duties and frugal in their ways.
Peaceful and calm and wise and skillful,
 Not proud or demanding in nature.
Let them not do the slightest thing
 That the wise would later reprove.
Wishing: In gladness and in safety,
 May all beings be at ease.
Whatever living beings there may be;
 Whether they are weak or strong, omitting none,
The great or the mighty, medium, short or small,
 The seen and the unseen,
Those living near and far away,
 Those born and to-be-born —
May all beings be at ease!

Let none deceive another,
 Or despise any being in any state.
Let none through anger or ill-will
 Wish harm upon another.
Even as a mother protects with her life
 Her child, her only child,
So with a boundless heart

Should one cherish all living beings;
Radiating kindness over the entire world:
Spreading upwards to the skies,
And downwards to the depths;
Outwards and unbounded,
Freed from hatred and ill-will.
Whether standing or walking, seated or lying down
Free from drowsiness,
One should sustain this recollection.
This is said to be the sublime abiding.
By not holding to fixed views,
The pure-hearted one, having clarity of vision,
Being freed from all sense desires,
Is not born again into this world.

Here is the excerpt from Shantideva's book, in a version edited by the Dalai Lama.

Shantideva's Dedication of Merit

May all beings everywhere,
Plagued by sufferings of body and mind,
Obtain an ocean of happiness and joy
By virtue of my merits.

May no living creature suffer,
Commit evil or ever fall ill.
May no one be afraid or belittled,
With a mind weighed down by depression.

May the blind see forms,
And the deaf hear sounds.
May those whose bodies are worn with toil
Be restored on finding repose.

May the naked find clothing,
The hungry find food.
May the thirsty find water
And delicious drinks.

May the poor find wealth,
Those weak with sorrow find joy.
May the forlorn find hope,
Constant happiness and prosperity.

May there be timely rains
And bountiful harvests.
May all medicines be effective
And wholesome prayers bear fruit.

May all who are sick and ill
Quickly be freed from their ailments.
Whatever diseases there are in the world,
May they never occur again.

May the frightened cease to be afraid
And those bound be freed.
May the powerless find power
And may all people think of benefiting each
other.

Shantideva

revised by

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