

You may have read that the Burmese monastics and lay people have been chanting the Buddha's words on lovingkindness or "metta" during many of their marches. If you do not know it already, here are the words in Pali and in English.

The Karaniya Metta Sutta the Buddha's discourse on Loving Kindness

1

Karaniyam atthakusalena
Yan tam santam padam abhisamecca
Sakko uju ca suju ca
Suvaco c'assa mudu anatimani

This is what should be done
By one who is skilled in goodness
Having glimpsed the state of perfect peace,
Let them be able, honest and upright,
Gentle in speech, meek and not proud.

2

Santussako ca subharo ca
Appakicco ca sallahukavutti
Santindriyo ca nipako ca
Appagabbho kulesu ananugiddho

Contented and easy to support,
With few duties, and simple in living.
Tranquil their senses, masterful and modest,
without greed for supporters

3

Na ca khuddam samacare kinci
Yena viññu pare upavadeyyum
Sukhino va khemino hontu
Sabbe satta bhavantu sukhitatta

Also, let them not do the slightest thing
That the wise would later reprove.
Let them cultivate the thought:
May all be well and secure,
May all beings be happy

4

Ye keci panabhut'atthi
Tasa va thavara va anavasesa
Digha va ye mahanta va
Majjhima rassakanukathula

Whatever living creatures there be,
Without exception, weak or strong,
Long, huge or middle-sized,
Or short, minute or bulky,

5

Dittha va yeva adittha
Ye ca dure vasanti avidure
Bhuta va sambhavesi va
Sabbe satta bhavantu sukhitatta

Whether visible or invisible,
And those living far or near,
The born and those seeking birth,
May all beings be happy

6

Na paro param nikubbetha
Natimaññetha katthacinam kanci
Byarosana patighasañña
Naññamaññassa dukkham iccheyya

Let none deceive another
Or despise any being in any state;
Let none wish others harm
In resentment or in hate.

7

Mata yatha niyam puttam
Ayusa ekaputtam anurakkhe
Evampi sabbabhutesu
Manasam bhavaye aparimanam

Just as with her own life
A mother shields her child,
her only child, from hurt
Let all-embracing thoughts
For all beings be yours.

8

Mettañ ca sabba-lokasmim
Manasam bhavaye aparimanam
Uddham adho ca tiriyanca
Asambadham averam asapattam

Cultivate a limitless heart of goodwill
For all throughout the cosmos,
In all its height, depth and breadth --
Love that is untroubled
And beyond hatred or enmity.

9

Titthañ caram nisinno va
Sayano va yavat'assa vigatamiddho
Etam satim adhittheyya
Brahmam etam viharam idhamahu

As you stand, walk, sit or lie,
So long as you are awake,
Pursue this awareness with your might:
It is deemed the Divine Abiding- here and
now.

10

Ditthiñca anupagamma silava
Dassanena sampanno
Kamesu vineyya gedham
Na hi jatu gabbhaseyyam punar eti'ti

Holding no more to wrong views,
A pure-hearted one, having clarity
of vision, being freed from all sense desires,
Is not born again into this world.