

## Metta Sutta for Universal Well-being

*(Discourse on Love, Metta Sutta, Sutta Nipata 1.8 Thich Nhat Hanh, trans.)*

### All:

☉ One who wants to attain peace should practice being upright, humble, and capable of using loving speech. One will know how to live ☉ simply and happily, with senses calmed, without being covetous and carried away by the emotions of the majority. Let us not do anything that will be disapproved of by the wise ones.

And this is what one contemplates:

May everyone be happy and safe, and may all hearts be filled with joy.

May all beings live in security and in peace — beings who are frail or strong, tall or short, big or small, invisible or visible, near or faraway, already born, or yet to be born. May all of them dwell in perfect tranquility.

Let no one do harm to anyone. Let no one put the life of anyone in danger. Let no one, out of anger or ill will, wish anyone any harm.

Just as a mother loves and protects her only child at the risk of her own life, ☉ cultivate boundless love to offer to all living beings in the entire cosmos. Let our boundless love pervade the whole universe, above, below, and across. Our love will know no obstacles. Our heart will be absolutely free from hatred and enmity. ☉ Whether standing or walking, sitting or lying, as long as we are awake, we should maintain this mindfulness of love in our own heart. This is the noblest way of living.

Free from wrong views, greed, and sensual desires, living in beauty and realizing Perfect Understanding, those who practice boundless love will certainly transcend birth and death.”

●(3<sup>rd</sup>) By the firm determination of this truth ●(3<sup>rd</sup>), may you ever be well. [repeat three times] ●(3<sup>rd</sup>) ▲

*Kokyo: Dedication/Eko*

*Freedom pervades the whole universe, existing right here, right now. In offering [the Buddha’s Words on Lovingkindness], we dedicate the merits of this service to the awakened nature of all beings, and to all those afflicted by diseases of body, mind, and spirit, and to all those working toward the ending of those afflictions, including:*

*[Names]*

*We also dedicate the merit to those who have recently passed from this life, including:*

*[Names]*

*They have made the great leap. May their transition be peaceful and may those who loved them be comforted in their grief.*

*Buddhas and Bodhisattvas in all directions--great embodiments of compassion and wisdom, giving protection to all beings--please accept our offerings. May all suffering be resolved, and may penetrating light dispel the darkness of ignorance. May we be serene through all ills and may we realize Buddha’s Way☉*

All: Response

All Buddhas, Ten Directions, Three Worlds☉

All venerable ones, bodhisattvas, mahasattvas◎  
Wisdom beyond wisdom, Maha Prajna Paramita



(Exit)