



From the chant book of the Zen Community of Oregon

GREAT VOW ZEN MONASTERY
HEART OF WISDOM ZEN TEMPLE

Loving-kindness (Metta) Sutta

This is what should be done



By one who is skilled in good-ness



And who knows the path of peace:



Let them be able and up-right,



Straight forward 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 and 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,

O-mit-ting none: The great or the mi-ghty,

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 de-ceive 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 on-ly child,

So with a bound-less heart

Should one cherish all liv-ing beings;

Radiating kind-ness, over the en-ti-re 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 drow-siness,
▼

One should sus-tain this re-col-[▲]lec-tion.
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This is said to be the sub-[▲]lime a-bi-ding:
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By not holding to fixed views,
▼

The pure [▲]hear-ted one,
▼ ▼

Having clarity of vis-ion,
▼

Being freed from all sense [▲]de-sires,
▼ ▼

Is not [▲]born [▲]a-gain in-to this world.
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