

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 UPRIGHT

Straight forward and gen-tle in SPEECH. Humble and not con-ceit-ED,

Contented and easily sat-ISFIED. Unburdened with du-TIES and frugal in their WAYS.

Peaceful and CALM and WISE and skill-full, Not PROUD or de-mand-ing in na-TURE.

Let them not do the slight-est thing that the WISE would lat-er re-PROVE.

Wishing in gladness and in safe-TY: may all beings be at EASE.

Whatever living BEINGS there may BE, whether they are weak or STRONG, om-it-ing NONE,

The great or the might-Y, medium, short, or SMALL, the SEEN or and the un-SEEN,

Those living near and far a-WAY, those BORN and to be BORN: may all beings be at EASE!

Let NONE de-ceive a-NOTHER, or des-pise any being in any STATE.

Let NONE through anger or ill-WILL wish harm upon ANOTHER.

Even as a MOTHER pro-TECTS 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 un-bound-ED, freed from hatred and ill-will.

Whether standing or walk-ING, seated or ly-ing DOWN, free from drow-SINESS.

One should sus-TAIN this re-col-lec-TION. This is said to be the sublime a-bid-ING,

By not holding to fixed VIEWS, the pure heart-ed ONE, having clarity of VISION,

Being FREED from all sense DESIRES: is not BORN a -gain in-to this WORLD.

Duration: one beat per word, all caps then hold for two beats.

Pitch: one whole step up or down from the starting pitch.