

Suffusion with the Divine Abidings

(Now let us make the Four Boundless Qualities shine forth.)

I will abide pervading one quarter with a mind imbued with loving-kindness;
likewise the second, likewise the third, likewise the fourth;
so above and below, around and everywhere; and to all as to myself.
I will abide pervading the all-encompassing world with a mind imbued with loving-kindness;
abundant, exalted, immeasurable, without hostility and without ill-will.

I will abide pervading one quarter with a mind imbued with compassion;
likewise the second, likewise the third, likewise the fourth;
so above and below, around and everywhere; and to all as to myself.
I will abide pervading the all-encompassing world with a mind imbued with compassion;
abundant, exalted, immeasurable, without hostility, and without ill-will.

I will abide pervading one quarter with a mind imbued with gladness;
likewise the second, likewise the third, likewise the fourth;
so above and below, around and everywhere; and to all as to myself.
I will abide pervading the all-encompassing world with a mind imbued with gladness;
abundant, exalted, immeasurable, without hostility, and without ill-will.

I will abide pervading one quarter with a mind imbued with equanimity;
likewise the second, likewise the third, likewise the fourth;
so above and below, around and everywhere; and to all as to myself.
I will abide pervading the all-encompassing world with a mind imbued with equanimity;
abundant, exalted, immeasurable, without hostility, and without ill-will.

Now let us chant the Reflections on Universal Well-Being

May I abide in well-being,
in freedom from affliction, in freedom from hostility,
in freedom from ill-will, in freedom from anxiety,
and may I maintain well-being in myself.

May everyone abide in well-being,
in freedom from hostility, in freedom from ill-will,
in freedom from anxiety,
and may they maintain well-being in themselves.

May all beings be released from all suffering.
And may they not be parted from the good fortune they have attained.
When they act upon intention, all beings are the owners of their action
and inherit its results.

Their future is born from such action, companion to such action,
and its results will be their home.
All actions with intention, be they skillful or harmful --
of such acts they will be the heirs.

THE BUDDHA'S WORDS ON LOVING-KINDNESS

(Karaṇīya Mettā Sutta)

(Now let us chant 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 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, 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.