

**AN XI 15. Mettāsutta**  
*Loving-Kindness*

**“Mettāya, bhikkhave, cetovimuttiyā**

*The liberation of the mind through Loving-Kindness, Bhikkhus,*

**āsevitāya bhāvitāya bahulīkatāya**

*When it is practiced, developed, cultivated*

**yānikatāya vatthukatāya anuṭṭhitāya**

*Used as vehicle, made as foundation, consolidated*

**paricitāya susamāradhāya**

*Accumulated and thoroughly undertaken,*

**ekādasānisamsā pāṭikaṅkhā.**

*Eleven benefits are to be expected.*

**Katame ekādasa?**

*What Eleven?*

**1. Sukhaṃ supati,**

*One sleeps happily,*

**2. sukhaṃ paṭibujjhati,**

*One wakes happily,*

**3. na pāpakaṃ supinaṃ passati,**

*No nightmares assail one,*

**4. manussānaṃ piyo hoti,**

*One is beloved by all humans,*

**5. amanussānaṃ piyo hoti,**

*One is beloved by all non-humans,*

**6. devatā rakkhanti,**

*The Devas protect one,*

**7. nāssa aggi vā visaṃ vā satthaṃ vā kamati,**

*Fire or poison or knife cannot come to one*

**8. tuvaṭaṃ cittaṃ samādhīyati,**

*One's mind is quickly calmed,*

**9. mukhavaṇṇo vippasīdati,**

*One's features are bright,*

**10. asammūlho kālaṃ karoti,**

*One dies without going astray,*

**11. uttari appaṭivijjhanto brahmalokūpago hoti.**

*And if one hasn't gone beyond (Nibbāna), he goes to the Brahmic plane.*

**Mettāya, bhikkhave, cetovimuttiyā**

*The liberation of the mind through Loving-Kindness, Bhikkhus,*

**āsevitāya bhāvitāya bahulīkatāya**

*When it is practiced, developed, cultivated,*

**yānikatāya vatthukatāya anuṭṭhitāya**

*Used as a vehicle, made as foundation, consolidated,*

**paricitāya susamāradhāya**

*Accumulated and thoroughly undertaken,*

**ime ekādasānisamsā pāṭikaṅkhā”ti.**

*These eleven benefits are to be expected.*

**Pañcamam.**

*The fifth.*