



KARAṆĪYA-MAITRĪ-SŪTRA  
*The* THREAD of TEACHINGS *on the*  
PRACTICE of MAITRĪ, KINDNESS

SARVAMANGALA FOUNDATION

*Translation by Āchārya Vidyābhāskar*

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PRIMARY TYPEFACES

Cormorant Garamond

EB Garamond

Goldenbook

Monlam

Sanskrit 2003

Trajan Pro 3

SPECIAL THANKS TO

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Julian M. Stuart, Milan Amin,

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A. Prajapati, Dr. Jaimin Shukla

— *Āchārya Vidyābhāskar, publisher*



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## SIDDHĀRTHA GAUTAMA, THE BUDDHA

After his enlightenment, he taught Maitrī and Awareness Meditation across Northern India.

*Ancient Stone Carving of Buddha's Life, in Private Collection @ Himalayan Art Resources*

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करणीयमर्थकुशलेन यस्तं शान्तं पदमभिसमेत्य ।

शक्त ऋजुश्च सूर्जुश्च सुवाक् च स मृदुर् अनतिमानी ॥

karaṇīyam artha-kuśaleṇa yas taṃ śāntaṃ padam abhisametya  
śakta ṛjuś ca sūrjuś ca suvāk ca sa mṛdur anati mānī

This is to be done by one who has a wholesome goal,  
who, advancing towards the peaceful state,  
is capable, honest, very honest,  
of kind speech, gentle, not overestimating themselves...

सन्तुष्टकश्च सुभरश्च अल्पकृत्यश्च स लघुवर्ती ।

शान्तेन्द्रियश्च निपकश्च अल्पगर्वः कुलेषु अननुगृद्धः ॥

santuṣṭakaś ca subharaś ca alpa-kṛtyaś ca sa laghuvartī  
śāntendriyaś ca nipakaś ca alpa-garvaḥ kuleṣu ananugṛddhaḥ

...who is contented, simple to maintain,  
with little duties, of light demeanour,  
with the senses at peace, intelligent,  
of little pride, not greedy towards family members.

न च क्षुद्रं समाचरेत् किञ्चिद् येन विज्ञाः परमपवदेयुः ।

सुखिनो वै क्षेमिनः सन्तु सर्वे सत्त्वा भवन्तु सुख्यात्मानः ॥

na ca kṣudraṃ samācaret kiñcid yena vijñāḥ param apavadeyuḥ  
sukhino vai kṣeminaḥ santu sarve sattvā bhavantu sukhyātmānaḥ

One should not perform even the slightest action  
which the wise would later rebuke. (One should wish):  
May all be happy and at ease,  
may all beings be of happy nature.

ये केचित् प्राणभूताः सन्ति जङ्गमाः स्थावरा वा अनवशेषाः ।  
दीर्घा वा ये महान्तो वा मध्यमा ह्रस्वा अणुकस्थूलाः ॥

ye kecit prāṇa-bhūtāḥ santi jaṅgamāḥ sthāvarā vā anavaśeṣāḥ  
dīrghā vā ye mahānto vā madhyamā hrasvā aṇuka-sthūlāḥ

Whatever beings are endowed with life,  
the moving or the unmoving,  
without exception, the tall or the large,  
the middle-sized, the short, the tiny, the coarse...

दृष्टा वा ये वा अदृष्टा ये च दूरे वसन्ति अविदूरे ।

भूता वा संभविष्यन्तो वा सर्वे सत्त्वा भवन्तु सुख्यात्मानः ॥

dr̥ṣṭā vā ye vā adr̥ṣṭā ye ca dūre vasanti avidūre

bhūtā vā sambhaviṣyānto vā sarve sattvā bhavantu sukhyaātmanāḥ

... the visible or the invisible, those who dwell far away  
and those who are not far away,  
those who have existed (in the past)  
or those who will exist (in the future) –  
may all beings be of happy nature.



## BUDDHA WITH DISCIPLES

Seated in the most important Yogic posture: the lotus.

*Mural Painting in the Ajanta Caves, Maharashtra, 2-1st century BCE @ NROER*



न परः परं निकुर्वीत नातिमन्येत कुत्रचित् कंचित् ।

व्यारोषेण प्रतिघसंज्ञया नान्योऽन्यस्य दुःखमिच्छेत् ॥

na paraḥ paraṃ nikurvīta nātimanyeta kutracit kaṃcit  
vyāroṣeṇa pratigha-saṃjñayā nānyo'nyasya duḥkham icchet

May nobody put someone else down,  
nor overestimate anyone anywhere.

May none, due to irritation or a sense of hostility,  
desire another's suffering.

माता यथा निजं पुत्रम् आयुषा एकपुत्रमनुरक्षेत् ।

एवमपि सर्वभूतेषु मानसं भावयेद् अपरिमाणम् ॥

mātā yathā nijam putram āyusā eka-putram anurakṣet  
evam api sarva-bhūteṣu mānasaṃ bhāvayed aparimāṇam

Like a mother would protect her own child,  
her only child, with her very life,  
likewise towards all beings one should cultivate  
a heart beyond measure.

मैत्रं च सर्वलोकेऽस्मिन् मानसं भावयेद् अपरिमाणम् ।

ऊर्ध्वं च अधश्च तिर्यक् च असम्बाधमवैरमसपत्नम् ॥

maitram ca sarva-loke'smin mānasaṃ bhāvayed aparimāṇam  
ūrdhvaṃ ca adhaś ca tiryak ca asambādham avairam asapatnam

Towards this entire world, one should cultivate  
a friendly (maitra) heart beyond measure:  
upwards, downwards, horizontally,  
without restriction, without enmity, without rivalry.

तिष्ठंश् चरन् निषण्णो वा शयानो वा यावदस्य विगतमिद्धः ।

एतां स्मृतिमधितिष्ठेद् ब्राह्ममेतं विहारमिदमाहुः ॥

tiṣṭhamś caran niṣaṅṅo vā śayāno vā yāvad asya vigata-middhaḥ  
etāṃ smṛtim adhitiṣṭhed brāhmam etaṃ vihāram idam āhuḥ

While standing, walking, sitting, or lying down,

as long as one is not fatigued,

one should abide in such attentiveness –

this they call Brahma-Vihāra:

the means to abide in Brahman.

दृष्टिं च अनुपगम्य शीलवान् दर्शनेन संपन्नः ।

कामेषु विनेय गृध्रं न हि जातु गर्भशय्यां पुनरेतीति ॥

dr̥ṣṭim ca anupagamya śīlavān darśanena saṃpannaḥ

kāmeṣu vineya gṛdhraṃ na hi jātu garbha-śayyāṃ punaretīti

Not resorting to any (conceptual) view,

endowed with virtuous conduct (śīla), gifted with insight (darśana),

directing one's inclination away from desires,

one does not return to sleep in a womb (to a new birth).



### BUDDHA WITH LAY DEVOTEES

His boundless Maitrī left an unforgettable impression on people who met him.

*Mural Painting in the Ajanta Caves, Maharashtra, 2-1st century BCE @ NROER*

PRAYER *to* GODDESS SARASVATĪ *to*  
INCREASE *our* INTELLIGENCE



## GODDESS SARASVATĪ, THE SANSKRIT LANGUAGE PERSONIFIED

*Ancient Nepali Painting of Goddess Sarasvatī © Himalayan Art Resources*

PRAYER to GODDESS SARASVATĪ to  
INCREASE *our* INTELLIGENCE

ॐ नमस्ते शारदे देवि काश्मीरपुरवासिनि ।  
त्वामहं प्रार्थये नित्यं विद्यादानं च देहि मे ॥

om namaste śārade devi kāśmīra-pura-vāsini |  
tvām ahaṁ prārthaye nityaṁ vidyā-dānaṁ ca dehi me ||

Om Obeisance to you, O Goddess Śāradā,  
You who are like the Full-Moon in Autumn,  
You who dwell in the Region of Kāśmīr!  
I ever beseech you: Grant me the gift of knowledge!

