

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

SARVAMANGALA FOUNDATION

Translation by Āchārya Vidyābhāskar

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TEMPLATE AND LAYOUT DESIGNER
Vladimir Maliutin

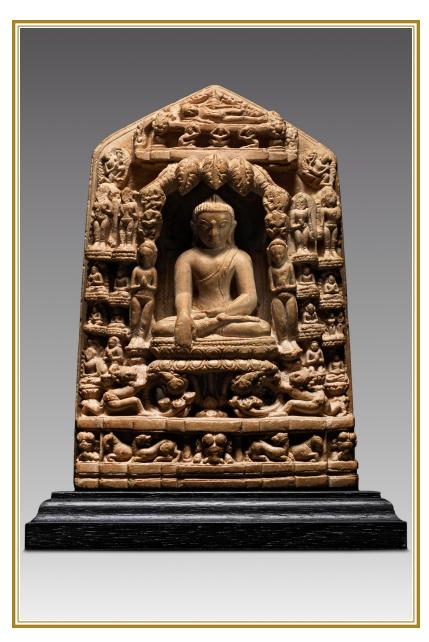
content designer Divya S. Kaushik, B. Lustig

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T. Laufer, Hima Bindu Rebelly,
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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 अनितमानी ॥

karaṇīyam artha-kuśalena yas taṃ śāntaṃ padam abhisametya śakta ṛjuś ca sūrjuś ca suvāk ca sa mṛdur anatimānī

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.

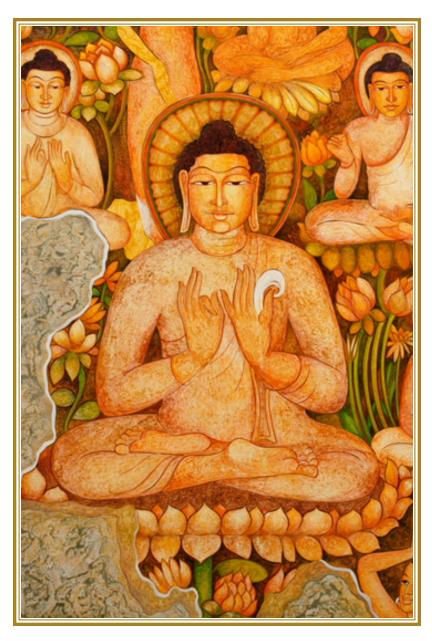
न च क्षुद्रं समाचरेत् किश्चिद् येन विज्ञाः परमपवदेयुः । सुखिनो वै क्षेमिनः सन्तु सर्वे सत्त्वा भवन्तु सुख्यात्मानः ॥ na ca kṣudraṃ samācaret kiñcid yena vijñāḥ param apavadeyuḥ sukhino vai kṣeminaḥ santu sarve sattvā bhavantu sukhyātmānaḥ One should not perform even the slightest action which the wise 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 ॥ dṛṣṭā vā ye vā adṛṣṭā ye ca dūre vasanti avidūre bhūtā vā saṃbhaviṣyanto vā sarve sattvā bhavantu sukhyātmānaḥ

... 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 दुःखिमच्छेत् ॥ 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 nijaṃ putram āyuṣā 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 mānasam bhāvayed aparimānam ūrdhvam 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 ॥

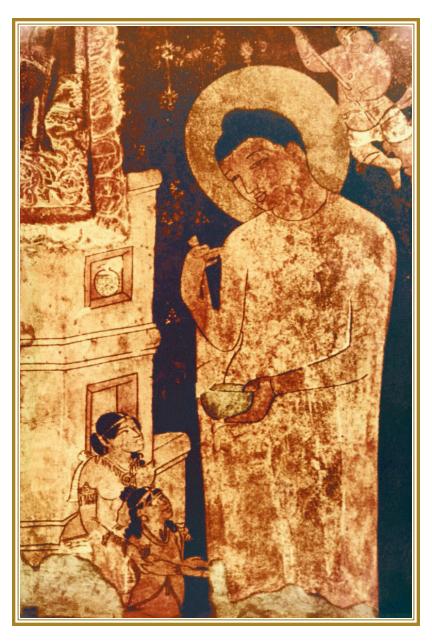
tiṣṭhaṃś caran niṣaṇṇo vā śayāno vā yāvad asya vigata-middhaḥ etāṃ smṛtim adhitiṣṭhed brāhmam etaṃ vihāram idam āhuḥ

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 द्रश्नेन संपन्नः । कामेषु विनेय गृधं न हि जातु गर्भशय्यां पुनरेतीति ॥

dṛṣṭiṃ 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



 $GODDESS\ SARASVAT\overline{I}, THE\ SANSKRIT\ LANGUAGE\ PERSONIFIED$

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 aham prārthaye nityam vidyā-dānam 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 Kaśmīr! I ever beseech you: Grant me the gift of knowledge!

