

# *Mettā Sutta*

*AN XI 16 Discourse on Eleven Benefits of Cultivating Boundless Love*

*Translated by Bhante Ānanda*

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*"When the liberation of the mind through Boundless Love is:*

*Practiced,  
Developed,  
Cultivated,  
Used as vehicle,  
Made a foundation,  
Consolidated,  
Accumulated  
and thoroughly undertaken,*

*Eleven benefits are to be expected.*

*What Eleven?*

- (1) One sleeps happily,*
- (2) One wakes happily,*
- (3) One is not disturbed by nightmares,*
- (4) One is loved by all humans,*
- (5) One is loved by all non-humans,*
- (6) One is protected by the Devas,*
- (7) One does not come upon fire or poison or knife,*
- (8) One's mind quickly enters into samādhi,<sup>1</sup>*
- (9) One's features are bright,*
- (10) One dies without going astray,*
- (11) And if one hasn't gone beyond (Nibbāna), one goes to the Brahmīc plane.*

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<sup>1</sup> *tvoṭṭaṃ cittaṃ samādhīyati,*

*When the liberation of the mind through Boundless Love is:*

*Practiced,  
Developed,  
Cultivated,  
Used as vehicle,  
Made a foundation,  
Consolidated,  
Accumulated  
and thoroughly undertaken,*

*These eleven benefits are to be expected.*



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