

BLESSINGS OF LOVING KINDNESS
The power of Maitri

Happily, he sleeps, he who practices loving kindness – *maitri*,
Free of hatred, a heart kind and gentle to all living beings,
Kinsmen, friends, elders, teachers, those above, below, in all four directions;
Waking – so also is he happy, a loving heart is what makes it so;
No dreams that make him restless - none shall disturb his slumber,
But pleasant peaceful dreams he'll dream;
Dear to human beings is he- for his love shall know no bounds nor barriers,
Dear too is he to creatures in the wild, no harm shall befall him
whose mind and heart are charged with loving kindness;
With good health is he endowed, no toxins, poisons shall affect him;
Even his shadow is soothing to them that behold him,
Protected, guarded and loved by devas seen and unseen is he
whose body resonates with loving kindness – *maitri*;
One-pointedness of mind he attains with ease, so effortlessly;
So also, is the outward countenance, pleasant and lovely to behold
of one whose heart is loving, compassionate, kind;
for loving thoughts, do purify one's blood, that gushes through the veins,
casting thus a radiance upon the face;
And when the end draws near,
a kind and loving person dies with peaceful thoughts;
Thereafter, in a happy realm shall he be born again, free of woe and pain;
Such are the blessings of loving kindness – *maitri*,
Such is its power – incomparable, a power that heals,
A power that calms; a power that generates
Love and compassion in those around us.

Compiled by: Srīma Warusawithana