## METTA SUTTA

## Verse 6

Na paro param nikubbetha Nāti-maññetha katthaci nam kañci Byāro-sanā patigha-saññā Nāñña-maññassa dukkha miccheyya Let one not deceive nor despise another person, anywhere at all. In anger and ill-will, let him not wish any harm to another.

	Meaning
Na	(Do) not
paro	one
param	another
nikubbetha	betray, deceive
Nāti-maññetha	slight, despise, show conceit
katthaci	anywhere
nam	him
kañci	to (anyone) at all
Byāro-sanā	(with) ill-will
patigha-saññā	(and with) thoughts of anger
Nāñña-maññassa	in his mind he does not another
dukkham	ill, suffering
iccheyya	wish for