

# CONCEPT OF *METTA* IN BUDDHISM



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# Introduction

## Concept of Metta in Buddhism

- Concept of ***Metta*** is the essence of Buddhism. The word *metta* is derived from Pali language. “*metta:*” in Buddhism is attributed as **loving-kindness, friendliness, goodwill, benevolence, fellowship, amity, concord, inoffensiveness and non-violence.**

Tathagat Buddha has given **first *sila* in *Panchshila*** which is based on ***metta bhavana . Panatipata veramani sikkhapadam samadhiyami*** means to abstain from killing any living creature signifying to generating *metta bhavana* in mind for all living being that is *metta* . Concept of nonviolence in Buddhism is based on *Metta bhavana*.

# *Das parmita*

- The Concept of ***Das parmita*** is there in Buddhism . *Paramitas* are the most excellent virtues, or the noblest qualities of the *Bodhisattas*. In other words *Paramitas* are the line of conduct or the Pre-requisites for Enlightenment. **9<sup>th</sup> *Parmita* is *Metta* it symbolizes Loving-kindness.** Without cultivating *metta parmita* stage of Bodhisatva cannot be attended therefor practicing *metta* is essential for attending *nibbana* as explained in Buddhism.

- Four *Brahama Vihara* concept is there in Buddhism. The *brahmavihāras* (sublime attitudes, lit. "abodes of brahma") are a series of four Buddhist virtues and the meditation practices made to cultivate them. They are also known as the four immeasurable.

The first *brahmavihara* is loving-kindness or benevolence (*metta*). Without stabilizing mind in *Metta Brahmavihara* compassion (*karuna*), empathetic joy (*mudita*), equanimity (*upekkha*) cannot be attained.

Therefore *Metta* is given importance in four *brahama vihara*. *Karnimeya sutta* gives importance to *metta*. In its stanza it is said *Na ca khuddam samacare kiñci yena viññuu pare upavadeyyum Sukhino va khemino hontu sabbe satta bhavantu sukhitatta* meaning

**May all be happy and secure. May all beings become happy in their heart of hearts! And think of every living thing without exception: the weak and the strong, from the smallest to the largest, whether you can see them or not, living nearby or far away, beings living now or yet to arise – may all beings become happy in their heart of hearts!**

- In *Metta sutta bhavana* of Buddhism *metta* is propagated. The *Metta Sutta* is the Buddha's discourse on developing and sustaining loving kindness.
- *Metta means* loving kindness and it is one of the "Four Immeasurable" or the Four Divine States of Buddhism. These are mental states or qualities that are cultivated by Buddhist practice. *Metta bhavana* is the Buddhist meditative practice of cultivating loving-kindness toward all sentient beings.
- *Sabbsukh Gatha* says *Sabba tiyovajantu, Sabba rogo vinasatu. Matebhavanttarayo sukhi dighayiko bhav* meaning *metta* should be spread all over the world. It also gives message for wellbeing of all living being *metta* is necessary. This research paper highlights on concept of *metta* in Buddhism with special reference to *Panchshila, Das parmita, Karnimeya sutta, Metta sutta bhavana, Sabbsukh Gatha*.

# Conclusion

Concept of Metta in Buddhism is found in  
*Karaniya Metta Sutta ,Patisambhidamagga*  
*Mettakatha, Panchshila (Five Percepts)*  
*,10 Paramitas,Four Brahamaviharas.*

# **Thank you**

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