

**(Ekā,dasa) Mettānisamsā Sutta**

The Discourse on the (Eleven) Benefits of Lovingkindness

A 11.16/5:342

Theme: The 11 benefits of cultivating lovingkindness

Translated by Piya Tan ©2003, rev 2010

1 Bhikshus, if the liberation of mind by lovingkindness is practised, cultivated, often cultivated, habitually cultivated, thoroughly cultivated, firmly established, consolidated and properly undertaken, eleven benefits are to be expected. What are the eleven?<sup>1</sup>

- 2 (1) One sleeps happily.<sup>2</sup>  
 (2) One wakes happily.<sup>3</sup>  
 (3) One sees no bad dreams.<sup>4</sup>  
 (4) One is dear to humans.<sup>5</sup>  
 (5) One is dear to non-humans.<sup>6</sup>  
 (6) One is protected by devas.<sup>7</sup>  
 (7) Fire, poison and weapons cannot harm one.<sup>8</sup>  
 (8) One's mind easily concentrates.<sup>9</sup>  
 (9) One's countenance is serene.<sup>10</sup>  
 (10) One dies unconfused.<sup>11</sup>  
 (11) And, if he penetrates no higher, to the Brahma world.<sup>12</sup>

Bhikshus, if the liberation of mind by lovingkindness is practised, cultivated, often cultivated, habitually cultivated, thoroughly cultivated, firmly established, consolidated and properly undertaken, these eleven benefits are to be expected.

— evaṃ —

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<sup>1</sup> These 11 benefits are also listed at Miln 198; at PmA 2:129; **Araka J**, J 169/2:6; for detailed expl, see Vism 9.59-76. (**Aṭṭh'ānisamsā**) **Mettā S** (A 8.1/4:150 f= SD 30.6) lists 8 of the above benefits (ie omitting nos 7-9).

<sup>2</sup> Instead of turning over and snoring, one falls asleep like entering a state of meditation attainment.

<sup>3</sup> Instead of waking up in discomfort, groaning and yawning, one wakes up without contortions, like a lotus opening. (This benefit is omitted in A:NB.)

<sup>4</sup> One has auspicious dreams, such as worshipping at a shrine, making an offering, listening to a Dharma talk, etc.

<sup>5</sup> One is popular with others and in society.

<sup>6</sup> One will not be harmed by negative energies around him or fall sick due to inexplicable causes.

<sup>7</sup> One will be guarded by divine beings like parents guarding a child.

<sup>8</sup> One will create a positive aura or environment around oneself that would not arouse negative emotions or reactions in others.

<sup>9</sup> One's mind easily concentrates due to lack of negative thoughts that drain one's energies.

<sup>10</sup> "Like a palmyra fruit loosened from its stem" (Vism 9.74), ie one's countenance is relaxed, soothing, delightful.

<sup>11</sup> One passes away peacefully as if falling asleep or one does so mindfully and happily.

<sup>12</sup> If one is unable to attain arhathood, then after death one arises in the Brahmā world (dhyanic existence) as if waking up from sleep.