

Exploring the metta sutta

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Exploring the Metta Sutta (The Buddhas Discourse on Loving Kindness) Exploring the Metta Sutta or Buddhas Discourse on Loving Kindness reflected a lot of wisdom about life and in achieving self-actualization. As opposed to what reality would emphasize such as gaining material treasure, power, and stability, the Metta Sutta highlights the goodness to oneself which in turn reflects goodness to others. This is especially required from those who are knowledgeable about the good and bad or those who are gifted with goodness which I strongly agree with because innocence is the only reasonable cause for one to commit inaction. In this case, for those who understand ethics and morals, much should be required in return. This is exemplified in the lines " This is what should be done by those who are skilled in goodness and who know the path of peace; Let them be able and upright, straightforward and gentle in speech. Humble and not conceited, contented and easily satisfied. Unburdened with duties and frugal in their ways. Peaceful and calm, and wise and skillful, not proud and demanding in nature." (Discourse On Loving-Kindness, n. d.).

Also, the Metta Sutta develops towards the specific acts of goodness one should involve oneself in such as not going against the law. The fact that human beings are also emotional beings highly influenced by feelings in choosing a course of action, the law is an important guiding factor to successfully achieve peace and order in society. And as Buddhism accepts the idea of suffering which is inevitable in our society, the word " wise" in the lines " Let them not do the slightest thing that the wise would later reprove. Wishing: in gladness and in safety, may all beings be at ease," for me, pertains to lawmakers who should be discerning in governing people and leading them to a better life so as to be able to avoid suffering (Discourse On <https://assignbuster.com/exploring-the-metta-sutta/>

Loving-Kindness, n. d.).

After establishing ones responsibility to honing a peaceful society, it then likens the love and care people that people in position, people who are stronger, & richer should have towards those who are less fortunate to a mothers, which never fails, unconditional, forgiving, and enduring. This is being encompassed in these verses, " May all beings be at ease! Let none deceive another, or despise any being in any state. Let none through anger or ill-will wish harm upon another. Even as a mother protects with her life, her child, her only child, so with a boundless heart, should one cherish all living beings; radiating kindness over the entire world. Spreading upwards to the skies, and downwards to the depths; outward and unbounded, freed from hatred and ill-will, whether standing or walking, seated or lying down". These verses strongly hinges from the Buddhist concept of suffering once again and how to avoid it in ones lifetime by encouraging the involvement only in noble things and decisions. I greatly agree on highlighting even the smallest efforts one should do such as by practicing honesty, forgiveness, & integrity because of the fact that every action has a corresponding consequence. Though one would not immediately feel the effects of ones action in the present, it will always have a way back to you in the future. Thus, if you sow great seeds, you will reap good fruits and vice versa. In line with Buddhist beliefs, being able to secure a good and a happy life in the future, one would need to do a lot of sacrifices that comes with choosing the good over the bad.

Relating the Metta Sutta verses shown below, it greatly exemplifies Buddhist Sutta discourses. We have learned that Buddhism teaches the importance of love and kindness in this world especially because of the fact that our

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material world easily tempts us towards possessiveness and selfishness, where having more is always better. With this said, the Metta Sutta verses heavily stresses on the treating everyone equally, not showing partiality regardless of the benefit you can get out of it. This teaching is indeed very relevant not only in today's society but also in the past where the poor and the weak will always be present with us. Thus, with the practice of justice, peace is achieved.

Bibliography:

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