

The Eleven Benefits of Loving Kindness

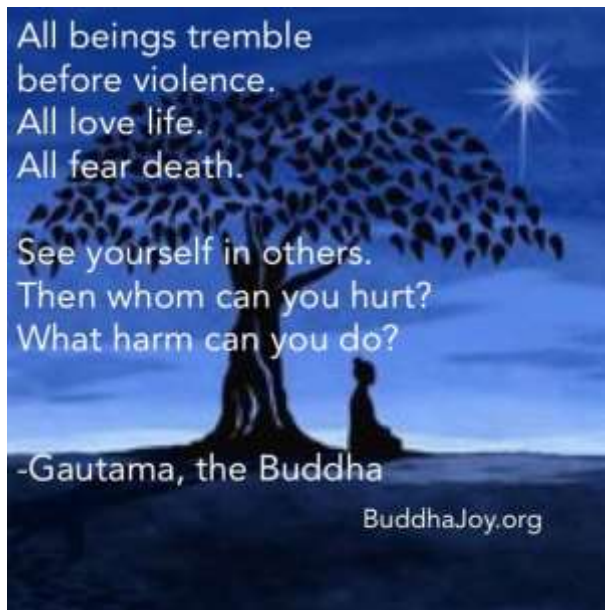
A-ngut-ta-ra Ni-ka-ya E-ka-da-sa Ni-pa-ta 16
The Numerical Discourses of Buddha, Elevens – set 16

The Eleven Benefits of Loving Kindness

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Thus have I heard:

On one occasion the Blessed One was living near Sa-vat-thi at Je-ta-va-na at A-na-tha-pin-di-ka's monastery.

Then he addressed the monks saying,
“Monks.”

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“Venerable Sir,” said the monks,
by way of reply.

The Blessed One then spoke as follows:

“Monks, **eleven advantages**
are to be expected
from the release (*or deliverance*) of heart

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by familiarizing oneself
with thoughts of loving-kindness (*Met-ta*),
by the cultivation of loving-kindness,
by constantly increasing these thoughts,

by regarding loving-kindness
as a vehicle (*of expression*),

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and also as something
to be treasured,
by living in conformity
with these thoughts,

by putting these ideas into practice,
and by establishing them.

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What are the **eleven**?

1. “He sleeps in comfort.
2. He awakes in comfort.
3. He sees no evil dreams.

4. He is dear to human beings.
5. He is dear to **NON**-human beings.

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6. De-vas (*gods*) protect him.
7. Fire, poison, and sword cannot touch him.
8. His mind can concentrate quickly.
9. His countenance is serene.

10. He dies without being confused in mind.

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11. If he fails to attain A-ra-hant-ship (*the highest attainment*) here and now, he will be reborn in the Brah-ma world.

“These eleven advantages, monks, are to be expected...”

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from the release of heart
by familiarizing oneself
with thoughts of loving-kindness,
by cultivation of loving-kindness,

by constantly increasing
these thoughts,

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by regarding loving-kindness as a vehicle
(*of expression*),
and also as something to be treasured,
by living in conformity with these thoughts,

by putting these ideas into practice
and by establishing them.”

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So said the Blessed One.
Those monks rejoiced
at the words
of the Blessed One.