

LOVING KINDNESS – THE UNIVERSAL PRACTICE OF METTA AND MEDITATION

The practice of Loving-kindness or Metta is meditation for a peaceful heart and mind.

It can be applied while quietly sitting, standing, walking or lying down, and in our everyday lives, helping to overcome all sorts of negative emotions and inevitable difficulties, problems and challenges we face.

Use this formula and develop a sense of loving kindness accordingly, by quietly thinking:

May I be well, happy and peaceful.

May no harm come to me.

May no difficulty come to me.

May no problems come to me.

May I always meet with success.

May I also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

May my parents be well, happy and peaceful.

May the rest of my family, husband, wife, partner, children, brothers and sisters, also be well, happy and peaceful.

May no harm come to them.

May no difficulty come to them.

May no problems come to them.

May they always meet with success.

May they also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

May my relatives and friends be well, happy and peaceful.

May no harm come to them.

May no difficulty come to them.

May no problems come to them.

May they always meet with success.

May they also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

Even those who would wish me harm, who would hurt me, may they also be well, happy and peaceful.

May no harm come to them.

May no difficulty come to them.

May no problems come to them.

May they always meet with success.

May they also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

May all living beings, near or far, seen or unseen, born or coming to birth, weak or strong, large or small, without exception, without limit or boundary, be well, happy and peaceful.

May no harm come to them.

May no difficulty come to them.

May no problems come to them.

May they always meet with success.

May they also have patience, courage, understanding and determination to meet and overcome inevitable difficulties, problems and failures in life.

May all beings be well and happy.

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Instructions practicing Loving Kindness - Metta Meditation.

Find a quiet and clean place, where you won't be disturbed.

Sit comfortably on some pillows or cushions, so that your bottom is raised a little higher than your knees. This will help you keep your back straight and not slouch. You can sit on a chair if sitting on the floor is not comfortable.

Keep your back straight, relax your shoulders, and tuck your chin in a little.

Gently close your eyes fully or with just a little light entering; place your hands in your lap, palms upwards, right hand upon the left hand, with thumbs just touching each other.

Relax the body, part by part, from top to bottom. If there is tightness somewhere in your body, gently and simply tell your muscles to let go. Let the day go, leave all your worries, concerns, plans and must do's at the door. Don't worry, they will all be there when you finish.

Now gently focus your attention on the space just below your nose, and note the in-breath as it enters and the out-breath as it leaves your nostrils.

Breathing in, breathing out.

There is nothing else to do. In breath. Out breath. Just observing the breath at the nostrils.

If you hear a sound, or something takes your attention, gently bring your mind, your attention back to the breath.

Calming the mind. Breathing in, breathing out.

When you are ready, with this calm, peaceful state of mind, develop the sense of loving kindness to yourself, to your family, your friends and relatives, spreading out as far as you can, to all living beings, wherever they may be.

Then when you are ready quietly take rest and come out of your meditation, becoming aware of where you are sitting, gently open your eyes, sitting for a few moments before moving, and then only gently and mindfully.

Take this calm peaceful feeling with you throughout your day.

It is a blessing to be able to calm down your mind.

It is so peaceful to experience this calm and peace.

It is being a true friend to ourselves.

It is practicing loving kindness to ourselves.

May I be well and happy.

May you be well and happy.

May all beings be well and happy.