



METTA MEDITATION FOR LOVING KINDNESS

Buddhist Practice

This technique does not take long to do, but is a very deep and effective meditation. Use virtuous words such as freedom, happiness, peace, love, kindness, prosperity, tenderness, wisdom, etc. Use words such as “be”, “find” or “experience.” For example: May I be free; May I find happiness; May I experience love; May I be love... You get the idea.

Metta Meditation comes to us from Buddhist practices. It helps us generate virtues such as forgiveness, peace, compassion and loving kindness. The object is to be kind and loving to your self, a loved one, your real or perceived enemy and finally to project virtue toward anything that is more global (e.g. the oceans, suffering people in the world, the forests, etc.). Focus on whomever or whatever object your heart calls to you.

You are the object of your meditation first. Secondly, use the slogans of someone's name, an image of someone who has been kind to you or for whom you deeply care. Thirdly, if you feel comfortable, the next object of attention would be someone or something who has hurt you or triggered you in some way; a business deal that went south, an ex-lover, or someone who has abused you. (You do not have to do this if there are still strong emotional triggers. Use common sense, as this is about love and not intended to “stir the emotional pot.” (But sometimes emotional things arise. Be present.)

1 May I (your name) find happiness.
May I (your name) find the deep root of happiness. (Sit with this a while & feel it.)

2 May (your loved one's name) find happiness. May (their name) find the deep root of happiness. (See them showered in happiness.)

3 May (your perceived enemy or area of discord; a part of your body) find happiness. May (same object of discord) find the deep root of happiness. (Shower them or it with happiness.)

4 May (global focus) find happiness. May (global focus) find the deep root of happiness. (Shower happiness into and onto the object of your attention.)

Other phrases you can use:

- May I (he/she) be happy
- May I (he/she) be healthy
- May I (he/she) be peaceful
- May I (he/she) be safe
- Let me (him/her) live with ease
- Let me (him/her) be free of worry
- Let me (him/her) feel safe and protected

DIRECTING LOVING KINDNESS CATEGORIES

- Self
- Teacher or Mentor
- Loved One (family member or good friend)
- Neutral Person (someone you don't know like a neighbor, someone at work or a store clerk)
- Difficult person (someone who is challenging)
- All Beings (all people, animals)