

# METTA MEDITATION

METTA OR MAITRĪ | [SANSKRIT] (PRONOUNCED 'MY TREE')



**Metta Meditation** is a long-standing Buddhist practice. When practiced, it helps us generate virtues such as forgivingness, peace, and loving kindness. The intention is to be kind and loving to yourself, a loved one, a real or perceived enemy, and finally to project virtues, such as loving kindness, toward anything that is a global object of mind (e.g. the oceans, suffering people in the world, the forests, etc.) Focus on whomever or whatever your heart calls you to.

This practice does not take long a lot of time; although, you can take as long as you like. It is a very deep and effective practice. Use virtuous words such as freedom, happiness, peace, love, kindness, prosperity, tenderness, wisdom, healing, 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.

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## THE PROCESS OF THE PRACTICE:

Sit comfortably or you may work with this practice as a slow and thoughtful walking meditation.

- 1). May I (state your name) find happiness. May I (state your name) find the deep root of happiness. (Sit with this a while and truly 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.) Project your desires and best wishes toward your loved one, so that they, too, may experience these deep virtues.
- 3). May (your perceived enemy or area of discord; such as 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 global object of your attention.

*May All Beings Be Free*