

Metta Meditation

Metta meditation is a practice of cultivating and expressing loving kindness to first ourselves and then gradually extending the sentiment out into the world.

Metta Prayer & Meditation

May you feel protected and safe,

May you feel contented and pleased,

May your body support you with strength,

And may your life unfold smoothly and with ease.

May you be at peace, May your heart remain open,

May you awaken to the light of your own true nature,

May you be healed and a source of healing to all beings that live.

-A Buddhist prayer

The practice begins with cultivating a loving acceptance of you! The metta prayer is repeated either out loud or silently until (hopefully) the warm sensation of love arises. There is no particular time frame in which this is supposed to happen, but it probably won't be day one. Stick with it over a period of time in spite of resistance. Resistance is common and is often a sign that this practice is not only deeply needed- but that it is working! Experiencing deeper self-love is an important step towards experiencing increased health, self-connection, inner peace, and happiness.

The prayer is repeated with a mindful focus to four categories of people, so this compassion benefits not only you but others in your world. You may find that the same person shows up in more than one role, or that you are one of these types of people for yourself. There is no right or wrong, trust what comes up naturally as truth.

Four Types of Persons to develop loving-kindness towards:

- A respected, beloved person - such as a spiritual guide or teacher
- A dearly beloved - which could be a close family member or friend
- A neutral person - somebody you know, but have no special feelings towards, e.g.: the person who bags your groceries
- A hostile person or an enemy - someone you are currently having difficulty with