

METTA BHAVANA MEDITATION

Loving-Kindness or Boundless Friendliness Meditation

Interpersonal Relationships

Metta Towards Self (recite repeatedly)
(feel free to substitute words that are more meaningful to you):

May I be Safe
May I Be Well
May I Be Happy
May I Be Easily Satisfied and Contented
May I be Peaceful
May I be at Ease and Live in Kindness

As you say these phrases, sink into the intentions they express. If feelings of loving-kindness arise, connect the feelings to the phrases.

Now substitute “I” with each of the following (maybe picture the person in your mind):

2. The name of a close friend or someone who has deeply cared for you.
3. A neutral person (ie a recent store cashier you do not know well).
4. A person of difficulty in your life, but not too difficult to start
5. All Beings
6. Yourself again

For Example:

May All Beings be Safe
May All Beings Be Well
May All Beings Be Happy
May All Beings be Easily Satisfied and Contented
May All Beings be Peaceful
May All Beings be at Ease and Live in Kindness

Location Based

Start with “I” then move to 2. Everyone on my street, 3. Everyone in my City, 4. State, 5. Country, 6. Continent, 7. All Beings, 8. Yourself Again