

Metta Meditation

The Prayer of Loving Kindness

The Buddhist practice known as metta or loving kindness meditation was given by the Buddha to his followers to protect them when they ventured out alone in areas of danger. Today it is used by people throughout the world. Metta will help to ease fears by calming the mind and heart.

It is said that those who practice Metta:

- Sleep peacefully
- Wake peacefully
- Dream peaceful dreams
- People love them
- Angels love them
- Their faces are clear
- Their minds are serene
- They have steadfastness in mind and rapture in body

This prayer traditionally is repeated four times:

- First to oneself
- Then to someone it is so easy to love
- Next to someone who needs a little more love
- Lastly, to all beings everywhere

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Say first to yourself:

May I feel protected and safe.

May my heart remain open.

May I awaken to the light of my true nature.

May I be healed, and be a source of healing for the world.

Thinking of someone it is so easy to love. Draw this person close to your heart & your mind and send them metta:

May you feel protected and safe.

May your heart remain open.

May you awaken to the light of your true nature.

May you be healed, and be a source of healing for the world.

Next, thinking of someone who needs a little more love. Draw this person close to your heart & your mind. Send this person metta:

May you feel protected and safe.

May your heart remain open.

May you awaken to the light of your true nature.

May you be healed, and be a source of healing for the world.

Lastly, to all beings everywhere:

May we feel protected and safe.

May our hearts remain open.

May we awaken to the light of our true nature.

May we be healed, and be a source of healing for the world.