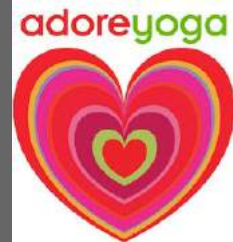


LOVING KINDNESS

METTA MEDITATION



Picture yourself in your mind's eye. See yourself clearly and in detail. As you focus on this image of yourself, repeat the following silently to yourself:

“May I be happy, May I be well, May I be free from suffering and the causes of suffering”

Send yourself warm waves of loving kindness.

Now bring to mind a picture of somebody you love very dearly. A partner, child, parent, close friend. Picture them clearly and repeat the following silently to yourself:

“May you be happy, May you be well, May you be free from suffering and the causes of suffering”

Send them warm waves of loving kindness.

Next, imagine somebody who you have ‘neutral’ feelings about. Somebody you know, but don’t have strong feelings for either way. Picture them clearly and repeat the following silently to yourself:

“May you be happy, May you be well, May you be free from suffering and the causes of suffering”

Send them warm waves of loving kindness.

Bring in to your mind a picture of all the people in the world who are suffering. People in war zones, in prison, in nursing homes. Recognise their pain and wholeheartedly wish for them:

“May you be happy, May you be well, May you be free from suffering and the causes of suffering”

Send them warm waves of loving kindness.

Now picture somebody that you have a challenging relationship with. Visualise them clearly and recognize that, just like you, they want to be happy and free from suffering. Repeat:

“May you be happy, May you be well, May you be free from suffering and the causes of suffering”

Send them warm waves of loving kindness.

Now picture yourself once again. Look on yourself with loving kindness and thank yourself for doing a practice that has awakened compassion in your heart.