

Metta Meditation

May I be peaceful, happy, and light in body and spirit.

May I be safe and free from injury.

May I be free from anger, despair, fear, and anxiety.

May I learn to look at myself with the eyes of understanding and of love.

May I be able to recognize and touch the seeds of joy and happiness in myself.

May I learn to identify and see the sources of anger, craving, and delusion in myself.

May I know how to nourish the seeds of joy in myself every day.

May I be able to live fresh, solid and free.

May I be free from attachment and aversion, but not be indifferent.

After sending Metta (Loving Kindness) to yourself, we can practice Metta meditation “May she/he be...”, to someone we like, then to someone neutral to us and, if this feels appropriate, to someone we have difficulties with; if that does not feel right at this moment for you, please feel free to return to either yourself, or someone you like or someone neutral.

Then we can practice, “May they be...”, beginning with our family and friends, the Sangha, the people, and eventually to Mother Earth and all species upon her.