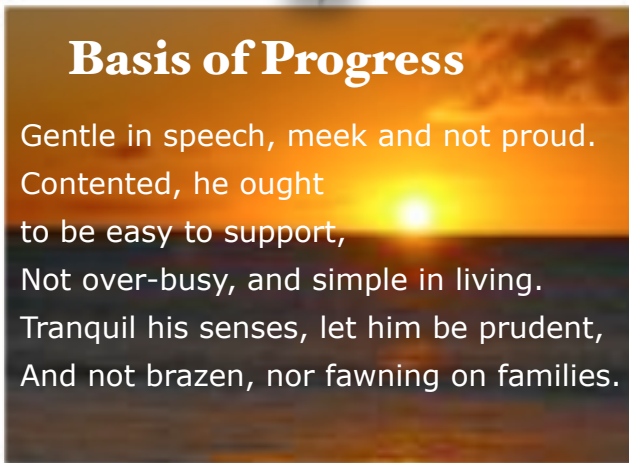


Metta bhavana when practised sincerely and thoroughly has the result of a tremendous inner power which preserves, protects and heals both oneself and others..



Basis of Progress

Gentle in speech, meek and not proud.
Contented, he ought to be easy to support,
Not over-busy, and simple in living.
Tranquil his senses, let him be prudent,
And not brazen, nor fawning on families.

“We cannot see body and mind appearing and disappearing because lack of concentration. We meditate to gain concentration and wisdom. Metta Bhavana is a concentration practice.”

Liberation



of the Heart

METTA



Love without desire to possess, without speaking and thinking of “I”, without selecting and excluding, embracing all beings

Avera hontu May you be safe Abyapajjha hontu Free from physical suffering Anigha hontu Free from mental suffering Sukhi attanam pariharantu May you live happily

BREAKING THE BARRIERS

One practise by visualising objects, one after the other, by taking the path of least resistance, in a graduated sequence, witch progressively widens the circle and therewith the mind itself. We start with oneself, and thereafter a respected person for whom one has reverence, then a neutral person, then an enemy. As one radiates thoughts of loving kindness in this order, the mind breaks all barriers between oneself, a respected one, a neutral one and an enemy. Everyone comes to be looked upon equally with the eye of loving kindness.

TEN DIRECTIONAL RADIATION

After completing the radiation of metta towards selected persons, when the mind breaks the barriers existing between oneself and respected ones, neutral ones and hostile ones, the meditator now embarks on radiating Metta in the ten directions (east, west, north,, south, northeast, southwest, northwest, southeast, downward and upward)

ELEVEN BLESSINGS OF METTA

One sleeps happily, one wakes happily, one does not suffer bad dreams, one is dear to human beings, one is dear to non human beings, the gods protect one, no fire or poison or weapon harms one, one’s mind gets quickly concentrated, the expression of one’s face is serene, one dies unperturbed, and if one fails to attain higher states, one will at least reach the state of the Brahma world.