



Mettā is a word from the ancient Sanskrit language, and translates literally to mean benevolence, kindness, and compassion. Mettā meditation practice is the cultivation of Mettā - the cultivation of compassion, kindness, and benevolence. Generally, the method consists of silent repetitions of phrases such as "may you be happy" or "may you be free from suffering", directed first to the self, then to a specific person, and finally to a collective group of people.

A traditional Metta Meditation script:

*In your consciousness, hold yourself as the recipient of the Metta offering, and say:*

May I be at peace;

May I be healed;

May I be safe;

May I be free;

may I be happy;

May I awaken to the Light of my True Nature.

*(Allow the phrases to carry the flow of Metta energy to yourself for a few quiet cycles of breath.)*

*In your consciousness, hold a specific individual as the recipient of the Metta offering, and say:*

May you be at peace;

May you be healed;

May you be safe;

May you be free;

May you be happy;

May your awaken to the Light of your True Nature.

*(Allow the phrases to conduct the flow of Metta to this person for a few quiet moments.)*

*In your consciousness, hold a group or community or planet as the recipient of the Metta offering, and say:*

May all beings be at peace;

May all beings be healed;

May all beings be safe;

May all beings be free;

May all beings be happy;

May all beings awaken to the Light of your True Nature.

*(Allow the phrases to conduct the flow of Metta to a group or community.)*

*Repeat each verse as many times as you choose, with as many recipients as you'd like.*

*Complete with a simple affirmation:*

And so it is. Blessed be, with gratitude.

