

The Metta Sutra: Loving Kindness

The Centered Path, Part 11 of Basic Buddhism, (Metta Bhavana)

Thus I have heard..

The teaching on Loving Kindness (Metta Sutta)

One skilled in good, wishing to attain peace should act thus:

One should be able, straight, upright, obedient, gentle, and humble.

One should be content, easy to support, with few duties, living lightly, controlled in senses, discreet, not impudent, balanced about family.

One should not do any slight wrong for which the wise might censure one.

May all beings be happy and secure! May all beings have happy minds!

Whatever living beings there may be without exception, weak or strong, tall, large, middling, short, subtle, or gross, visible, or invisible, near or far, born or coming to birth, May all beings have happy minds!

Let no one deceive another nor despise anyone anywhere.

Neither in anger nor enmity should anyone wish to harm another.

As a mother would risk her own life to protect her only child, even so towards all living beings one should cultivate a boundless heart.

One should cultivate, for all the world.

a heart of loving kindness above, below, and all around, unobstructed, without hate or enmity.

Monk/Minister: "Sadhu" Congregation: "Sadhu, Sadhu, Sadhu"

Begin sitting meditation...

Meditation on loving kindness (Metta Bhavana)

Having seen that all beings have a desire for happiness,

One should mindfully develop loving kindness towards all beings.

May I be happy and free from suffering,

and always like myself may my friends, neutral persons, and the hostile be happy too.

May all beings in this village, in this state, in other countries, in our galaxy be ever happy.

May all persons, individuals, beings, creatures in all the galaxies be ever happy.

So too may all women, men, noble ones, non-noble ones, gods,

humans, and beings in the lower worlds be happy.

May all beings throughout the universe be happy.

May I be free from hatred, may I be free from affliction, may I be free from worry, may I live happily.

As I am so also may my parents, teachers, preceptors, friendly, indifferent and hostile beings be free from hatred.

May they be free from affliction, may they be free from worry, may they live happily,

may they be released from suffering,

may they not be deprived from fortune duly acquired, All have karma as their own.

Thinking of Family...

Thinking of Friends...

Thinking of those that have passed, friends, family, known and unknown, before and before...

Thinking of a person I know but is not a close friend

Thinking of a person I have seen but not met...

Thinking of a person I know of that I have never seen

Thinking of a person I am neutral about

Thinking of a person I have had difficulty with or do not like

Thinking of a person that has had difficulties or does not like me.

Expand that to all of these... Expand it to all animals...and all living or non living beings...