

A Month of Metta Practice (Lovingkindness Meditation)

June 9 - July 7 via Zoom • Led by Toku Cynthia Scott

What is Metta?

The Metta Sutta (see reverse) is the Buddha's instructions for living a life of harmony, friendliness, and equanimity. Lovingkindness practice, grounded in this Sutta, is aimed at strengthening our inherent capacity for these and other wholesome, life-giving qualities.

Why would I do this practice?

To cultivate unconditional positive regard for yourself and others.

To help transform difficult emotions such as anger, resentment, and fear.

Because the world needs as much love as we can give it.

How will this work?

Lovingkindness practice is most beneficial when repeated. You will have 36 half-hour opportunities during the month to practice guided lovingkindness meditation. (see schedule right). Thursday evening's session will be a Q&A/discussion.

No experience necessary. Come as you are!



Schedule (all times Central)

You are welcome to attend as many or as few sessions as you wish.

Sundays June 9-July 7: 9-9:30 a.m.*

Mondays - Thursdays June 10-July 4: 8-8:30 a.m. and/or 7-7:30 p.m.

*The first session on June 9 is an orientation and may run longer than 30 minutes but in no case beyond 10 a.m.

No evening sitting July 4

Fee: \$45 for the month regardless of how often you attend.

To register or inquire visit my website:

Winterskydharma.org

Metta Sutta

This is what should be done by one who is skilled in goodness and who knows the path of peace: Let them be able and upright, straightforward and gentle in speech. Humble and not conceited, contented and easily satisfied. Unburdened with duties and frugal in their ways, peaceful and calm, wise and skillful, not proud and demanding in nature nor swayed by the emotions of the crowd.

Let them not do the slightest thing that the wise would later reprove.
Wishing: In gladness and in safety, may all beings be at ease.

Whatever living beings there may be, whether they are weak or strong, omitting none, the great or the mighty, medium, short or small, the seen and the unseen, those living near and far away, those born and to-be-born, may all beings be at ease.

Let none deceive another, or despise any being in any state. Let none through anger or ill will wish harm upon another. Even as a mother protects with her life her child, her only child, so with a boundless heart should one cherish all beings: radiating kindness over the entire world, spreading upward to the skies and downward to the depths; outwards and unbounded, free from hatred and ill will.

Whether standing or walking, seated or lying down, free from drowsiness, one should sustain this recollection. This is said to be the sublime abiding. By not holding to fixed views, the pure-hearted one, having clarity of vision, being freed from all sense desires, is not born again into this world.