



Metta Bhavana (Cultivation of Loving Kindness)



Metta Bhavana	Off the cushion	Reflections	Working on
Preparation	being mindful	<ul style="list-style-type: none"> • advantage of being in a 'mettaful' state 	<ul style="list-style-type: none"> • Anchors of grounding and breathing • Relaxation • Awareness of experience especially body (also feeling, thoughts and emotions)
1. Self	-recalling gratitude -having fun -maintaining self respect	<ul style="list-style-type: none"> • sense of gratitude • sense of your history • love of life 	<ul style="list-style-type: none"> • Uncovering positive sense of care for ourselves.
2. Good Friend	maintaining friendships	<ul style="list-style-type: none"> • they too wish to be happy • they too wish to be free from suffering 	<ul style="list-style-type: none"> • honesty • friendliness
3. Neutral Person	notice people	<ul style="list-style-type: none"> • as above • we ourselves are neutral to many • most of humanity fall in this category 	<ul style="list-style-type: none"> • overcoming indifference
4. Difficult Person	leave gap before responding notice how others deal with the person	<ul style="list-style-type: none"> • what don't I like about them? • when do I do ... that is annoying me about them? • what do you (or others) like/admire about them? 	<ul style="list-style-type: none"> • overcoming irritation and ill will
5. Equalization	being friendly (decision to go out of comfort zone a little)	we all influence the emotional atmosphere around ourselves.	<ul style="list-style-type: none"> • overcoming attachment
World			<ul style="list-style-type: none"> • radiating metta
Beyond			<ul style="list-style-type: none"> • softening sense of knowing how the world is
Just Sitting			<ul style="list-style-type: none"> • absorbing the experience; being receptive • relaxing any tension due to over-exertion

Nandaketu 2008 (revised 2013)

May X be happy
 May X be well
 May X be free from suffering
 May X develop and grow

This is not exhaustive, just some things I have found helpful. If you want to know more about the **metta bhavana** - *The Heart* by Vessantara is a good, short book or consider *Meditation* by Kamalashila for a more comprehensive guide to meditation.

Relaxed

Honest

Awake

Kind

Receptive

Persistent