

Metta Meditation

Unitarian Universalist Fellowship of Franklin, NC

Metta is the heart-felt wish, prayer, for the well-being of oneself and others.

Metta for oneself:

May I be happy,
May I be well,
May I be safe,
May I be peaceful and at ease,
May I live without regret about the past,
May I live without anxiety about the future,
May I live in awakened awareness,
My true nature, in this present moment.

Metta for Someone You Care Deeply About:

May you be happy,
May you be well,
May you be safe,
May you be peaceful and at ease,
May you live without regret about the past,
May you live without anxiety about the future,
May you live in awakened awareness,
Your true nature, in this present moment.

Metta for All Beings:

May all beings be happy,
May all beings be well,
May all beings be safe,
May all beings be peaceful and at ease,
May all beings live without regret about the past,
May all beings live without anxiety about the future,
May all beings live in awakened awareness,
Your true nature, in this present moment.

Steve Bowling

Rev. 2.28.15

More about Metta:

Metta, or loving-kindness meditation, is a method of developing compassion. It comes from the Buddhist tradition, but it can be adapted and practiced by anyone, regardless of religious affiliation; loving-kindness meditation is essentially about cultivating love.

<http://www.contemplativemind.org/practices/tree/loving-kindness>

There are a variety of phrases used in metta meditation and you can adapt to what feels best. Some people find it difficult to begin with themselves, so beginning with others is fine as well. You may do Metta formally with sitting or informally throughout the day.