

*Love: without desire to possess, without thinking of "I," without selecting and excluding, embracing all beings.*

**Metta bhavana** (Loving-Kindness Meditation), when practiced sincerely and thoroughly, results in tremendous inner power, which preserves, protects and heals both oneself and others.



**Avera hontu** — May you be safe,  
**Abyapajjha hontu** — Free from physical suffering,  
**Anigha hontu** — Free from mental suffering,  
**Sukhi attanam pariharantu** — May you live happily.

## BREAKING THE BARRIERS

One practices mettā by visualizing beings one after the other in a graduated sequence, progressively expanding the circle. One starts by spreading mettā to oneself, and thereafter to a respected person for whom one has reverence, then a neutral person, then an enemy. As one radiates thoughts of loving-kindness in this order, the mind breaks all barriers between oneself, a respected one, a neutral one and an enemy. All beings are looked upon equally with the eye of loving-kindness.

## RADIATING METTĀ IN THE TEN DIRECTIONS

Once the mind has broken the barriers between oneself and respected ones, neutral ones and hostile ones, the meditator then begins radiating mettā in the ten directions (east, west, north, south, northeast, southwest, northwest, southeast, downward and upward), filling the world with love.

## ELEVEN BLESSINGS OF METTĀ

One sleeps happily; one wakes happily; one does not suffer bad dreams; one is dear to human beings; one is dear to non-human beings; the gods protect one; no fire, poison, or weapons can harm one; one's mind gets quickly concentrated; the expression on one's face is serene; one dies unperturbed; and if one fails to attain higher states, one will at least be reborn in the Brahmā world.

## Prerequisites of Mettā

- Gentle in speech, meek and not proud
- Contented and undemanding
- Not over-busy, and simple in living
- Prudent, with senses guarded
- Honest and straightforward
- Frugal

