

Metta Bhavana

developing loving-kindness

Preliminary stage:

Close your eyes and take time to notice any sounds in the room.

Feel your weight on the cushion or the chair.

Let go of any tension in your shoulders, jaw and face.

Check in with how you are feeling emotionally and energy-wise.

Stage 1:

Developing loving-kindness towards yourself.

Stage 2:

Developing loving-kindness towards a good friend.

Choose someone around the same age as you, who is alive and you know (not a TV celebrity, for example) and whom you are unlikely to feel sexual attraction for.

Stage 3:

Developing loving-kindness for a neutral person.

Choose someone who you see around but do not know well and who you do not have strong feelings of like or dislike for. Examples are a receptionist at work or someone who gets the same bus as you.

Stage 4:

Developing loving-kindness for a person we find difficult.

Don't choose someone who you are having really difficult problems with at the moment. Choose someone who you find a little difficult.

Stage 5:

Radiating loving-kindness to all beings.

Start by bringing 4 people (including yourself) from the previous stages to mind.

Offer metta equally for all 4 people.

Radiate out metta to all people in your building, your street, your area, your town or city, your country and then the world.

You can include animals and other beings if you wish.