

Metta Meditation

With Bhante Sujato
Part 2

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(Guided Meditation starts at 48:00)



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In this 10-part series,
Bhante Sujato describes in detail
Ajahn Maha Chatthai's method of
Metta Meditation.

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This week we start with loving kindness for ourselves. Since our primary attachment is to ourselves - we start out where it's most important.

STEP 1

- Mindfulness awareness for about 10 minutes until mind has some degree of clarity
- Keep awareness focused in the heart and continually repeat a phrase of loving-kindness eg "May I be happy." (Don't get too hung up on the wording, it can be light and playful)
- Make the words clear, steady and distinct

STEP 2

Allow the meaning of the words to become conscious to you, reflect on the wish for your own wellbeing and happiness.

STEP 3

Get in touch with the feeling of metta. If the experience of metta is strong, weak or unusual physical sensation, that's fine, just keep going.

TRICKS TO GET THE FEELING GOING:

- Recollect loved ones and share the benefit of practice with them
- Memory - remember a moment of kindness
- Use a heart-melting picture or teddy bear
- Pretend to do metta as if you are an actor

STEP 4

Sustain and develop the feeling. When you notice the feeling arising keep repeating the words with it. Notice where the feeling is in the body. Stay there as long as you can. Typically the feeling will get stronger, more stable and clearer. If you lose it, just come back to it again.

DISCUSSION QUESTIONS

Is there a recollection, memory or object that really gets metta going for you?

What is a kind action you could do this coming week?

Too tight and you'll
crush it, too loose
and it'll fly away.



FURTHER RESOURCES

[HOLDING THE QUAIL
TALK BY GIL FRONSDAL 13MINS](#) ►

[A MONK TALKS ABOUT USING
AJAHN SUJATO'S METTA SERIES
- PODCAST](#) ►