

# Metta Meditation

With Bhante Sujato

Part 5

[LISTEN TO PART 5](#)

(Guided Meditation starts at 33:00)

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

[DOWNLOAD ALL TALKS IN THIS SERIES](#)

Newcastle  
INSIGHT  
MEDITATION

05

## FIRST STAGE

### METTA TO ONESELF

- |   |  |  |
|---|--|--|
| 1 | Mindfulness awareness. Equanimity. Body Scan                                       |  |
| 2 | Getting the metta going in the heart area  | Clearly reciting the Metta phrase "May I be happy" |
| 3 | Connect to the meaning and feeling of metta. Spread and maintain whole body metta. |  |

At this stage we will be easily and contentedly with the meditation object, just confidently doing it. This is the first stage and we will have a sense when we are ready to go to the second stage – metta for the loved person. There is no rush to move to the second stage, it may take months of consistently and contentedly developing the first stage.

## THIS WEEK – CONSOLIDATING

### CONSOLIDATING WHAT WE HAVE DONE SO FAR

Each individual has a different response to the metta meditation method:

Response	Task
Feeling comes easily	Refine
Rapture is too strong	Focus on peaceful qualities of metta
Not easily available	Patience
Don't want to do it. Laziness	Effort/energy
Especially hard to access metta to oneself	Recognise, acknowledge and investigate possible causes: <ul style="list-style-type: none"><li>• Western conditioning</li><li>• disconnect from creative side</li><li>• over thinking</li><li>• family issues</li><li>• competitive culture</li><li>• external standards</li><li>• self-worth based on success/wealth</li></ul> <p>Try to address the causes of low self esteem.</p> <p>Value and cherish the positive emotional aspects of meditation</p> <p>Samatta in balance with vipassana.</p> <p>Reduce critical thoughts.</p>

## FURTHER RESOURCES

[INNER CRITIC](#)  
DIANA CLARK 20MIN TALK

[INNER CRITIC IMPACT ON METTA](#)  
MARK COLEMAN 1HR TALK



## DISCUSSION QUESTIONS

Is there any work you need to do to be content with yourself and or others?

Is there something you complain a lot about in your life or grudge that you'd like to let go of?