

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 Chatthai's method of Metta Meditation.

05

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FIRST STAGE

METTA TO ONESELF

1	Mindfulness awareness. Equanimity. Body Scan
2	Getting the metta going in the heart area
3	Connect to the meaning and feeling of metta. Spread and maintain whole body metta.

Clearly reciting the Metta phrase
"May I be happy"

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">• Western conditioning• disconnect from creative side• over thinking• family issues• competitive culture• external standards• self-worth based on success/wealth
	Try to address the causes of low self esteem.
	Value and cherish the positive emotional aspects of meditation Samatta in balance with vipassana.
	Reduce critical thoughts.

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?