

SESSION 4

The Wise Heart: Lovingkindness

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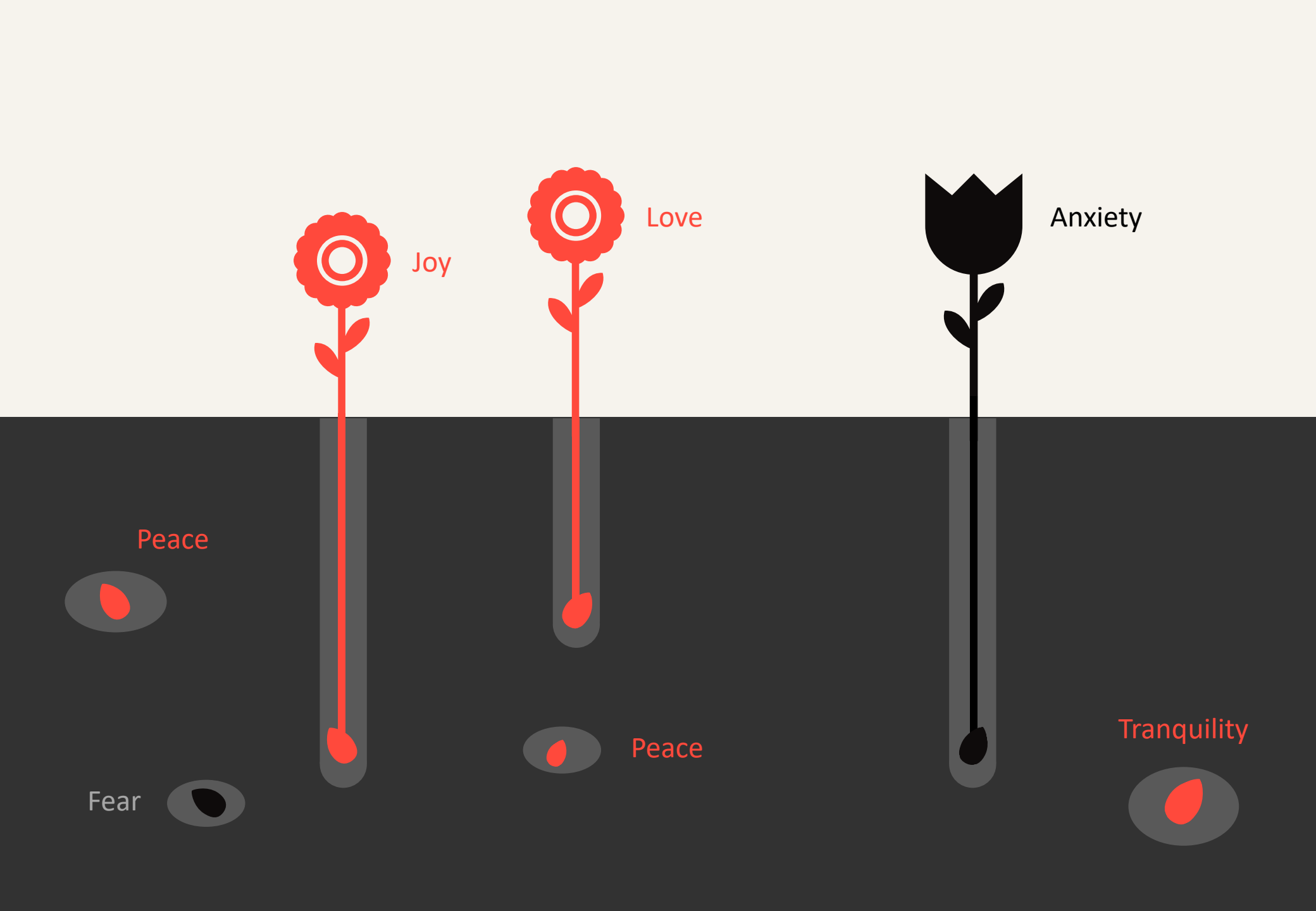
Try to be kind to whomsoever you meet, and if you can't be kind
at least do not do them any harm.

– DALAI LAMA

what is
metta (i.e.
not
facebook)?

The word **metta** is derived from the Pali language. “Metta:” in Buddhism is attributed as **loving-kindness**, friendliness, goodwill, benevolence, fellowship, amity, concord, inoffensiveness and non-violence.

Metta meditation = the cultivation of benevolence



the process

01

Bring someone to mind:

Someone easy to love
Yourself

A benefactor

A Stranger

Someone you find difficult

02

Offer them your phrases

03

Move to the next group

04

Conclude by acknowledging
all beings everywhere

you have
choices

1. What thoughts and emotions am I going to nurture?
2. How am I going to respond to myself and others?
3. Am I going to allow myself to heal? Thus helping to heal the world...