

Guided Meditation

Metta Loving Kindness Meditation

The Buddhist Metta meditation practice is devoted to cultivating lovingkindness, opening our heart to benefit all whose lives we touch. When we connect into the phrases we will say together, think of it as aiming our heart. We open ourselves to the possibility of including, rather than excluding, of connecting, rather than overlooking, of caring, rather than being indifferent.

Get comfortable. Feel your energy settle into yourself and into the moment.

I will speak the metta phrases aloud one at a time with space in between and I invite you to repeat them silently to yourselves, letting your mind rest in the phrases. Don't worry if you find your attention has wandered; see if you can gently let it go and come back here.

We start with ourselves. We meditate with phrases from our heart to express what we wish most deeply for ourselves not just for today, but in an enduring way.

May I be safe and protected from inner and outer harm

May I be peaceful in body, in mind, and in heart

May I live with ease in the midst of things as they are

Now call to mind somebody that you care about--a good friend, or someone who's helped you in your life; it could be someone you know who's having a difficult time right now, who has experienced a loss, painful feeling, a difficult situation. Visualize them, say their name to yourself. Get a feeling for their presence, and then direct the phrases of lovingkindness to them.

May you be safe and protected from inner and outer harm

May you be peaceful in body, in mind, and in heart

May you live with ease in the midst of things as they are

Think of someone who plays some role in your life, some function that you don't know very well, that you don't have a particular feeling for, or against. Maybe the checkout person at the supermarket where you shop, the gas-station attendant, somebody that you see periodically. Visualize them, imagine them sitting in front of you, and offer these same phrases of lovingkindness to them.

May you be safe and protected from inner and outer harm

May you be peaceful in body, in mind, and in heart

May you live with ease in the midst of things as they are

We now reach out to each person in our beloved community here at First Parish and to the larger community where we live in loving kindness.

May we all be safe and protected from inner and outer harm

May we all be peaceful in body, in mind, and in heart

May we all live with ease in the midst of things as they are

And ultimately, we open in this way to all beings everywhere, without distinction, without separation. All people, all animals, all creatures, all those in existence, near and far, known to us and unknown to us. All beings on the earth, in the air, in the water. Those being born, those dying. Feel the energy of this aspiration extending infinitely in front of you, to either side, behind you, above and below as your heart extends in a boundless way, leaving no one out.

May all things be safe and protected from inner and outer harm

May all things be peaceful in body, in mind, and in heart

May all things live with ease in the midst of things as they are

And when you feel ready, you can open your [eyes](#) and see if you can bring this energy with you throughout the day.

sent to jch by Beth Rust 2012.06.17