

metta bhavana loving kindness pdf

Mettā or maitrī means benevolence, loving-kindness, friendliness, amity, good will, and active interest in others. It is the first of the four sublime states (Brahmavihāras) and one of the ten pāramīs of the Theravāda school of Buddhism. The cultivation of benevolence (mettā bhāvanā) is a popular form of meditation in Buddhism. It is a part of the four immeasurables in Brahmavihara ...

Mettā - Wikipedia

METTA MEDITATION. The practice of Metta meditation is a beautiful support to other awareness practices. One recites specific words and phrases evoking a "boundless warm-hearted feeling."

Metta : How You Can Help

The Mettā Sutta is the name used for two Buddhist discourses (Pali: sutta) found in the Pali Canon. The one, more often chanted by Theravadin monks, is also referred to as Karaṃīyamettā Sutta after the opening word, Karaṃīyam, "(This is what) should be done." It is found in the Suttanipāta (Sn 1.8) and Khuddakapāliya (Khp 9). It is ten verses in length and it extols both the virtuous ...

Metta Sutta - Wikipedia

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