

Traditional Metta Bhavana Meditation

In traditional Buddhist metta, or loving-kindness meditation, one brings to mind people who represent different kinds of relationships to us. In succession:

1. A teacher, mentor, or benefactor.
2. Oneself.
3. A good friend.
4. Someone we hardly know and feel neutral toward.
5. Someone we have difficulty with.
6. We then bring all together and have a sense of kindness, respect, and care toward all equally, expanding to include all beings whatsoever.

Traditional “wishes” of loving-kindness are:

May (he, she, I, you, all beings) be safe and free from harm.

May (he, she, I, you, all beings) be well and at ease.

May (he, she, I, you, all beings) be happy.

May (he, she, I, you, all beings) be fulfilled (awakened, become Enlightened).

This is a variation of the Metta Bhavana that resonates within me, but you can make your own wishes.

May (he, she, I, you, all beings) be well.

May (he, she, I, you, all beings) have access to the conditions to ease suffering.

May (he, she, I, you, all beings) be free of pain.

May (he, she, I, you, all beings) be happy.