

METTA MEDITATION BY SILVIA MORDINI

FOUNDER ALCHEMY OF YOGA, HEALER

May I be happy, healthy, peaceful and loved
May you be happy, healthy, peaceful and loved
May we be happy, healthy, peaceful and loved

How to practice Metta?

Step 1: Focus on yourself, repeat May I be happy, May I be healthy, May I be peaceful, May I be loved.

Step 2: Think of a difficult person. Say to them: May YOU be happy, healthy, peaceful and loved.

Step 3: Think of an easy person. Say to them: May YOU be happy, healthy, peaceful and loved.

Step 4: Think of all sentient beings and intend with all your heart
May We be happy
May We be healthy
May We be peaceful
May We be loved

What is Metta?

- Metta is a recognition of the most basic solidarity that we have with others, this shared aspiration to escape suffering.
- Metta is empathy. It's the willingness to see the world from another's point of view: to walk a mile in another person's shoes.
- Metta is friendliness, consideration, kindness, generosity.
- Metta is the basis for compassion. When our Metta meets another's suffering, then our Metta transforms into compassion.
- Metta is the basis for shared joy. When our Metta meets with another's happiness or good fortune, then it transmutes into an empathetic joyfulness.
- Metta is the most fulfilling emotional state.

What you can learn from me is "Authenticity and joyful self-confidence in living YOUR dharma." With more than 12,000 hours as a Yoga Teacher, I have been inspiring happiness, global awareness, and joyful living in students for over fifteen years. You'll find my published writings read by thousands all over the world as seen in Mindbodygreen, Mantra Magazine, Huff Post, Do You Yoga, Psychology Today, Gaia, Wanderlust and more. **Most importantly I know it's possible to transform your trauma to dharma and transmute your drama to dreams.**



Yoga: www.alchemyofyoga.com + @alchemyofyoga
Personal: www.silviamordini.com + @inspiredyogagal
Travel www.alchemytours.com + @alchemytours
Love: www.mindfullyin.love + @mindfullyin.love

alchemyofyoga.com