

Metta Meditation



Metta Meditation, also known as the “Loving Kindness” Meditation

The following may be used as a meditation or a prayer. It can be a support to other practices of awareness. To begin, find a comfortable seat, either in a chair where you are able to sit with a straight spine, or on a cushion on the floor with a straight spine. Feel the natural curves of your spine grow. Breathe. Spend a minute or two breathing, noticing where your breath moves as you inhale and exhale. See if you can hear or feel your heartbeat. When you feel present, repeat the following out loud or in your mind. You can go through once, or repeat as many times as you would like. When you are ready to end your meditation, take another minute or two to breathe and sit [If you enjoy chanting you could chant “om” a few times]. Then slowly, slowly begin to come out

of your meditation. Take deep breaths, move your fingers and toes, slowly open the eyes.

As you practice this meditation more, you can include specific people, loved ones, friends, and maybe individuals who you are struggling to have a positive relationship with.

here is the meditation:

May I be filled with love and kindness.

May I be well.

May I be peaceful and at ease.

May I be happy.

May those in my community be filled with love and kindness.

May those in my community be well.

May those in my community be peaceful and at ease.

May those in my community happy.

May all beings be filled with love and kindness.

May all beings be well.

May all beings be peaceful and at ease.

May all beings be happy.

visit me at www.melissachappell.com

a gentler and happier approach to health

illuminating
articles

[Meditations]

Metta Meditation

This meditation was found to increase social connectedness, alleviate lower back pain, and improve physical and emotional responses to stress.

http://spl.stanford.edu/pdfs/Hutcherson_08_2.pdf

<http://jhn.sagepub.com/content/23/3/287.abstract>

<http://www.sciencedaily.com/releases/2008/10/081007172902.htm>

author: swan drsti

visit me at www.melissachappell.com

a gentler and happier approach to health

Melissa
Chappell
.com