

# METTA

Metta (Friendliness and Kindness) is the first of the four Bhrama-Viharas (Mind States of the Bhrama Gods). One of the first stages of Metta practice is simply to read and reflect on the Metta Sutta, which cultivates the pleasant emotions of friendliness and kindness to all sentient beings. The Metta Sutta also helps you to access, stabilize, and strengthen your Metta radiance.

## Metta Sutta The Buddha's Words on Kindness

This is what should be done  
by one who is skilled in goodness and who knows the path of peace:  
Let them be able and upright, straightforward and gentle in speech,  
Humble and not conceited, contented and easily satisfied.  
Unburdened with duties and frugal in their ways.  
Peaceful and calm, and wise and skilful, not proud and demanding in nature.  
Let them not do the slightest thing that the wise would later reprove.

Wishing: In gladness and in safety  
May all beings be at ease whatever living beings there may be;  
Whether they are weak or strong, omitting none,  
The great or the mighty, medium, short or small,  
The seen and the unseen,  
Those living near and far away, those born and to-be-born,  
May all beings be at ease!

Let none deceive another, or despise any being in any state.  
Let none through anger or ill-will wish harm upon another.  
Even as a mother protects with her life her child, her only child,  
So with a boundless heart should one cherish all living beings:

Radiating kindness over the entire world  
Spreading upwards to the skies,  
And downwards to the depths;  
Outwards and unbounded,  
Freed from hatred and ill-will.

Whether standing or walking, seated or lying down  
Free from drowsiness,  
One should sustain this recollection.  
This is said to be the sublime abiding.  
By not holding to fixed views,  
The pure-hearted one, having clarity of vision,  
Being freed from all sense desires,  
Is not born again into this world.

Metta has many aspects. This Metta Prayer is a complex exercise of mental cultivation that helps you stabilize and expand a healing sphere of Metta-Jhana radiance from your body.

Repeat the Metta Prayer while radiating Metta out from your body to each of the ten directions (as below) in sequence from East (1) to Nadir (10) for each of the twelve categories in A and B.

## Metta Prayer

May all Beings be free from ill will, affliction, and anxiety.  
May they guide themselves to bliss.

### A. *The Five Un-specified Categories*

1. Beings
2. Breathing Beings
3. Creatures
4. Persons
5. Embodied Beings

### B. *The Seven Specified Categories*

1. Women
2. Men
3. Noble Ones
4. Not-noble Ones
5. Deities
6. Humans
7. Those in states of deprivation

## The Ten Directions

**1**

**East**

[East is metaphorically always in front of you, no matter what direction you are actually facing]

**7 North-East**

**South-East 5**

**9 Zenith** [above you]

**3 North** [left]

**YOU**

[right] **South 4**

**10 Nadir** [below you]

**6 North-West**

**South-West 8**

[behind you]

**West**

**2**