



Guided Metta Meditation

Randula Haththotuwa

Let's begin..

Sit quietly. Close your eyes.

Generate in your heart a feeling of loving kindness and compassion.

To help you, bring to mind a person or an animal you care for...



Fill your heart with this feeling until it overflows...

This feeling is the fragrance that will infuse the words to follow....

We start by directing this feeling to ourselves..

... and we say,

May I be well ...

May I be happy ...

May I be free from stress ...

May I be free from anxiety ...

May I be free from ill will ...

May I be free from anger ...

May I be free from jealousy ...

May I have a heart full of loving kindness... compassion... equanimity and joy

May I find true inner peace and happiness.... within ..



We then spread this feeling to those joining in this practice together..

May we all be well...

May we all be happy...

May we all be free from stress...

May we all be free from anxiety...

May we all be free from ill will...

May we all be free from anger...

May we all be free from jealousy...

May we all have hearts full of loving kindness, compassion... equanimity and joy...

May we all find true inner peace and happiness.... within...



Then we spread this feeling beyond...

To those living with us... to those in nearby houses.... villages... towns & cities ...across the whole country....



Then across the ocean to countries beyond ours... our continent...other continents... across the entire earth...

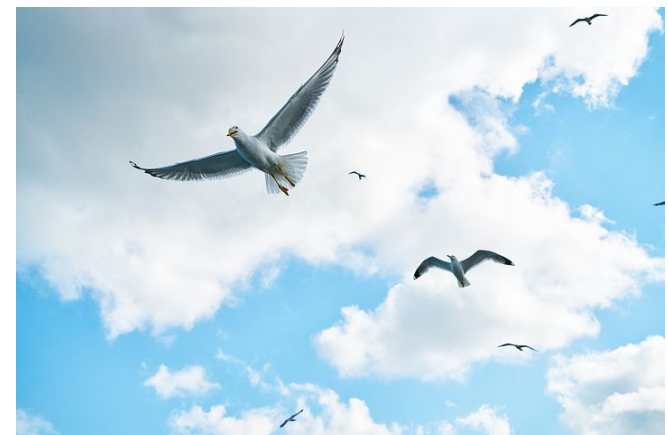


To all humans... animals... insects... and birds...

Those living on the earth...on mountains...in caves... and beneath the surface of this earth...

Those living in the waters... in ponds... streams...lakes...and the ocean...

Those in the air ..up in the sky and beyond ... in to outer space ... over the entire universe...



We spread this feeling everywhere...

To beings that I can see ...that I cannot see...

To beings that I know ...that I don't know...

To beings that I like...that I don't like...

To beings that are born ... that are yet to be born...

To all beings we spread the goodness from our hearts...

Without judgement...Without discrimination...



..and we say..

May all beings be well...

May all beings be happy ...

May all beings be free from stress...

May all beings be free from anxiety...

May all beings be free from ill will...

May all beings be free from anger...

May all beings be free from jealousy...

May all beings have hearts full of loving kindness, compassion... equanimity and joy...

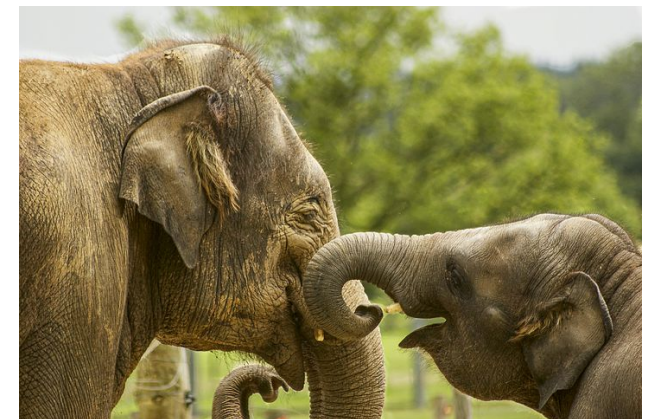
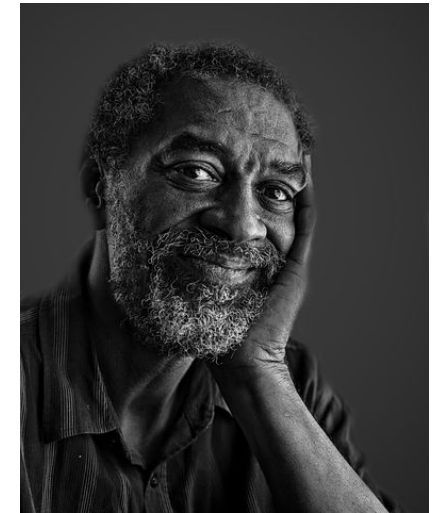
May all beings find true inner peace and happiness.... within...

May all beings be well and happy...

May all beings be well and happy...

May all beings be well and happy...

Sabbe Satta Sukhi Hontu





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