

METTA

METTA OR MAITRI | [SANSKRIT] (PRONOUNCED MY-TREE)

METTA MEDITATION

SEIZE
THE
DAY

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METTA MEDITATION

This is an ancient practice from the Pali tradition

Metta Meditation is a long-standing Buddhist practice. When practiced, it helps us generate virtues such as forgivingness, peace, and loving kindness. The intention is to be kind and loving to yourself, a loved one, a real or perceived enemy, and finally to project virtues, such as loving kindness, toward anything that is a global object of mind (e.g. the oceans, suffering people in the world, the forests, etc.)

Focus on whomever or whatever your heart calls you to. This practice does not take long a lot of time; although, you can take as long as you like. It is a very deep and effective practice. Use virtuous words such as freedom, happiness, peace, love, kindness, prosperity, tenderness, wisdom, healing, etc. Use words such as "be", "find" or "experience". For example: May I be free; May I find happiness; May I experience love; May I be love... You get the idea.

Feel free to share! Blessings upon blessings...www.michellejeovanny.com



THE PROCESS OF THE PRACTICE

Sit comfortably or you may work with this practice as a slow, intentional and thoughtful walking meditation

.1). May I (state your name) find happiness. May I (state your name) find the deep root of happiness. May I (state your name) find the sweet bliss of happiness. (Sit with this a while and truly feel happiness and gratitude as best and for as long as you can hold the feeling.)

2). May (your loved one's name) find happiness. May (their name) find the deep root of happiness. May (their name) find the sweet bliss of happiness. (See them showered in happiness. Project your desires and best wishes toward your loved one, so that they, too, may experience these deep virtues.)

3). May (your perceived enemy or area of discord; such as a part of your body) find happiness. May (same object of discord) find the deep root of happiness. May (same object of discord) find the sweet bliss of happiness. (Shower them or it with happiness.)

4). May (global focus) find happiness. May (global focus) find the deep root of happiness. May every being and soul find the sweet bliss of happiness. (Shower happiness into and onto the global object of your attention. See the entire world, universe, galaxies in perfect harmony and sweet bliss.)

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A wide-angle photograph of a desert landscape at twilight. The foreground is a vast, sandy dune covered in numerous footprints. In the middle ground, there are rolling sand dunes and a few small, dark shrubs. In the distance, a range of mountains is visible against the horizon. The sky is a deep blue, transitioning from a soft orange and pink glow near the horizon to a dark blue at the top. A large, bright full moon is positioned in the upper left quadrant, and numerous stars are scattered across the sky. The overall mood is serene and contemplative.

**MAY ALL BEINGS BE
HAPPY AND FREE.**

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