



Metta meditation

A meditation on loving kindness; on unconditional love. Unconditional love, is love without judgement; true love without preference, without passion, and because of that the most powerful and most gracious from all human forces you can imagine.

Metta meditation - the exercise:

The best is to do this exercise after an Anapanasati exercise.

Sit yourself straight. Cross your legs. Find the natural balance of your spine and your head by balancing your body slowly backwards, towards its point of natural balance. Relax your shoulders. Put your right hand into your left hand, the thumbs slightly touching each other. Close your eyes during this exercise to minimise distraction.

Take a full breath in, filling your lungs completely - feel the belly rising, the chest rising, the shoulders rising - and breath out well. Repeat this two more time.

Follow the natural breathing in and breathing out. Do not force anything, be confident that the body always finds its proper cadence of breathing.

Have your attention on the inhalation,
following the inhalation on its natural course,
from the tip of your nose to the bottom of your lungs.
Go with the inhalation from outside to inside.

Have your attention on the exhalation,
following the exhalation on its natural course,
from the bottom of your lungs to the tip of your nose.
Go with the exhalation from inside to outside.

Repeat the piece written here -above, continue until you feel calm and relaxed,

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then continue the exercise as follows:

Concentrate yourself at a point in your nose where you can clearly feel the air stream.

Stay there well concentrated for about a minute. Feel the air going in and going out.

From that point you follow a straight line towards the chakra of the third eye, which can be found at the level of the eyebrows, inside the head, right between the temples.

Stay there well concentrated for about a minute.

From that chakra you follow a straight line towards the chakra in the middle of the head, at the level of the pituitary gland right between the ears.

Stay there well concentrated for about a minute.

From that chakra you descend in a straight line down towards the chakra of the throat, which is easily found at the place where you can feel a lump in your throat.

Stay there well concentrated for about a minute.

From that chakra you descend in a straight line down towards the heart chakra, which is in the middle of the body, behind the sternum.

Stay there well concentrated and feel the body relax and fill with compassion,

then continue the exercise as follows:

Follow the inhalation from the tip of the nose, inwards into the centre of heart chakra.

Follow the exhalation from the centre of the heart chakra, outwards to the tip of the nose.

Repeat this for a few minutes, then continue the exercise as follows:

Follow the inhalation from the tip of the nose, inwards into the centre of heart chakra.

Follow the exhalation as it were coming from the centre of the heart chakra, straight forwards out of the chakra to an imaginary point at about 40 inches in front of you.

Repeat this for a few minutes, then continue the exercise as follows:



Follow the inhalation as it were coming from the point at about 40 inches in front of you, inwards into the centre of heart chakra.

Follow the exhalation as it were coming from the centre of the heart chakra, straight forwards out of the chakra to an imaginary point at about 40 inches in front of you.

Repeat this for a few minutes, then continue the exercise as follows:

Imagine at a point about 40 inches in front of you, someone who to you represents unconditional love, for example a Buddha statue in front of you, or the Dalai Lama, Thich Nhat Hanh or Mahatma Gandhi.

Inhale the loving kindness coming from that person you imagine in front of you, straight into the centre of your heart chakra.

Then follow the exhalation from the centre of your heart chakra, straight out to the person you imagine in front of you.

Repeat this for a few minutes, then continue the exercise as follows:

Imagine at a point about 40 inches in front of you, someone you love but have a small problem with.

Follow the inhalation as it were coming from the person you imagine in front of you, straight into the centre of your heart chakra.

During the exhalation you send loving kindness from the centre of your heart chakra, straight out to the person you imagine in front of you.

Repeat this for a few minutes, then continue the exercise as follows:

Imagine at a point about 40 inches in front of you, again the person who represents to you unconditional love.

During the inhalation you inhale loving kindness coming from that person you imagine in front of you, straight into the centre of your heart chakra.

Follow the exhalation from the centre of your heart chakra, straight to that person you imagine in front of you.

Repeat this for a few minutes, then continue the exercise as follows:

Imagine at a point about 40 inches in front of you, someone you have quite a few problems with.

Follow the inhalation as it were coming from the person you imagine in front of you, straight into the centre of your heart chakra.

During the exhalation you send loving kindness from the centre of your heart chakra, straight out to the person you imagine in front of you.

Repeat this for a few minutes, then continue the exercise as follows:



Imagine at a point about 40 inches in front of you, again the person who represents to you unconditional love.

During the inhalation you inhale loving kindness coming from that person you imagine in front of you, straight into the centre of your heart chakra.

Follow the exhalation from the centre of your heart chakra, straight to that person you imagine in front of you.

Repeat this for a few minutes, then continue the exercise as follows:

Imagine at a point about 40 inches in front of you, someone you have severe problems with.

Follow the inhalation as it were coming from the person you imagine in front of you, straight into the centre of your heart chakra.

During the exhalation you send loving kindness from the centre of your heart chakra, straight out to the person you imagine in front of you.

Repeat this for a few minutes, then continue the exercise as follows:

Imagine at a point about 40 inches in front of you, again the person who represents to you unconditional love.

During the inhalation you inhale loving kindness coming from that person you imagine in front of you, straight into the centre of your heart chakra.

Follow the exhalation from the centre of your heart chakra, straight to that person you imagine in front of you.

Repeat this for a few minutes, then continue the exercise as follows:

Imagine at a point about 40 inches in front of you, someone you dislike.

Follow the inhalation as it were coming from the person you imagine in front of you, straight into the centre of your heart chakra.

During the exhalation you send loving kindness from the centre of your heart chakra, straight out to the person you imagine in front of you.

Repeat this for a few minutes, then continue the exercise as follows:

Imagine at a point about 40 inches in front of you, again the person who represents to you unconditional love.

During the inhalation you inhale loving kindness coming from that person you imagine in front of you, straight into the centre of your heart chakra.

Follow the exhalation from the centre of your heart chakra, straight to that person you imagine in front of you.

Repeat this for a few minutes, then continue the exercise as follows:



Stay well concentrated in the centre of the heart chakra, and while staying there, wish with all your heart that the results of this meditation will be for the good of all living beings.

Then, ascend in a strait line up, from the heart chakra to the chakra of the throat.

Stay there for a while well concentrated, feel the lump in the throat.

Then, ascend in a strait line up, from the chakra of the throat to the chakra in the middle of the head, which is found at the level of the pituitary gland, right between the ears.

Stay there for a while well concentrated.

Go from that chakra in a strait line to the chakra of the third eye, which is found at the level of the eyebrows, right between the temples inside the head, and come out at the front.

Take a full breath in, filling your lungs completely - feel the belly rising, the chest rising, the shoulders rising - and breath out well.

Repeat this two more time and come slowly out of the meditation.

Before or after your exercise you can chant the mantra

[“Buddhang sabbang mettasang, kammate me Bhante”](#).

Click on the link to listen to this mantra from the website.