

LOVINGKINDNESS – METTA

“The Foundation of all Spiritual and Moral Development”

Description	Unconditional care and concern for ourselves, other beings, all of nature and all experience. It is unbounded, open and extended without reservation.
Objective	To develop & deepen this quality of mind and heart so it becomes part of our intention and informs our life. This changes our fundamental relationship with experience.
Not An Objective	To change the conditions of the outer world or the conditions of another being’s life.
Two Forms	Formal one pointed attention to cultivate this quality of mind and heart; and informal use in daily life. Both designed to experience and understand the qualities and characteristics of Lovingkindness.
Practice / Method	Repetition of Lovingkindness phrases and extending their underlying intention to an image or heart felt sense of the object of meditation
Order Of Meditation	Oneself, Benefactor/Mentor/Elder, Close Friend, “Neutral” Person, Difficult Person or Adversary, Categories of Being
Experience	Uplifting, lightness, energetic, sense of well-being & being connected
Near Obstacle	Conditionality –Dependence-Attachment -Personalization
Far Obstacle	Ill Will-Aversion
Symptoms Of Incorrect Practice	Feeling fatigue or weariness; heaviness; sadness; anger numbness or lack of sensation; distancing from the object of meditation.