

Metta

The Philosophy and Practice of Universal Love

by

Acharya Buddharakkhita

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1. Introduction

The Pali word *metta* is a multi-significant term meaning loving-kindness, friendliness, goodwill, benevolence, fellowship, amity, concord, inoffensiveness and non-violence. The Pali commentators define *metta* as the strong wish for the welfare and happiness of others (*parahitāparasukhākamaṇa*). Essentially *metta* is an altruistic attitude of love and friendliness as distinguished from mere amiability based on self-interest. Through *metta* one refuses to be offensive and renounces bitterness, resentment and animosity of every kind, developing instead a mind of friendliness, accommodativeness and benevolence which seeks the well-being and happiness of others. True *metta* is devoid of self-interest. It evokes within a warm-hearted feeling of fellowship, sympathy and love, which grows boundless with practice and

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**Hellmuth Hecker,Bhikkhu
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Sayadaw,Susan Elbaum Jootla,Acharn
Kor Khao-suan-luang,Webu Sayadaw**

Metta The Philosophy And Practice Of Universal Love:

Mettā Ācariya Buddhārakkhita, 2020 The Pali word mett is a multi significant term meaning loving kindness friendliness goodwill etc If these qualities of mett are sufficiently cultivated through mett bh van the meditation on universal love the result is the acquisition of a tremendous inner power which preserves protects and heals both oneself and others The present booklet aims at exploring the various facets of mett both in theory and in practice The examination of the doctrinal and ethical side of mett will proceed through a study of the popular Karaniyametta Sutta the Buddha's Discourse of Universal Love and several other short texts The explanation of the meditation on universal love will give practical directions for developing this type of contemplation as set forth in the main meditation texts of the Theravada Buddhist tradition Metta Acharya Buddhārakkhita, 1989 **Mettā** Acariya Buddhārakkhita, 2021-01-14 The Pali word mett is a multi significant term meaning loving kindness friendliness goodwill benevolence fellowship amity concord inoffensiveness and non violence The Pali commentators define mett as the strong wish for the welfare and happiness of others parāhita parasukha kāraṇa Essentially mett is an altruistic attitude of love and friendliness as distinguished from mere amiability based on self interest Through mett one refuses to be offensive and renounces bitterness resentment and animosity of every kind developing instead a mind of friendliness accommodativeness and benevolence which seeks the well being and happiness of others True mett is devoid of self interest It evokes within a warm hearted feeling of fellowship sympathy and love which grows boundless with practice and overcomes all social religious racial political and economic barriers Mett is indeed a universal unselfish and all embracing love Mett makes one a pure font of well being and safety for others Just as a mother gives her own life to protect her child so mett only gives and never wants anything in return To promote one's own interest is a primordial motivation of human nature When this urge is transformed into the desire to promote the interest and happiness of others not only is the basic urge of self happiness of others not only is the basic urge of self seeking overcome but the mind becomes universal by identifying its own interest with the interest of all By making this change one also promotes one's own well being in the best possible manner Mett is the protective and immensely patient attitude of a mother who forbears all difficulties for the sake of her child and ever protects it despite its misbehaviour Metta is also the attitude of a friend who wants to give one the best to further one's well being If these qualities of mett are sufficiently cultivated through mett bh van the meditation on universal love the result is the acquisition of a tremendous inner power which preserves protects and heals both oneself and others Apart from its higher implications today mett is a pragmatic necessity In a world menaced by all kinds of destructiveness mett in deed word and thought is the only constructive means to bring concord peace and mutual understanding Indeed mett is the supreme means for it forms the fundamental tenet of all the higher religions as well as the basis for all benevolent activities intended to promote human well being The present booklet aims at exploring various facets of mett both in theory and in practice The examination of the doctrinal and ethical side of mett will proceed through a study

of the popular Karan ya Mett Sutta the Buddha s Hymn of Universal Love In connection with this theme we will also look at several other short texts dealing with mett The explanation of mett bh van the meditation on universal love will give the practical directions for developing this type of contemplation as set forth in the main meditation texts of the Therav da Buddhist tradition the Visuddhimagga the Vimuttimagga and the Patisambhidamagga **Mettā**, 2019 *Mett?* Acharya Buddhharakkhita, S. N. Goenka, 2012-11-20 This is the audiobook version of Wheel Publication 365 366 in which the founder of the Maha Bodhi Society in India explains the ethics the psychology the blessings and power of mett with instructions on the traditional practice of metta bhavana meditation But let not metta be mistaken as a mere sentiment It is the power of the strong If the leaders from different walks of life were to give metta a fair trial no principle or guideline to action would be found to possess greater efficiency or fruitfulness in all spheres If man decides to substitute metta as a policy of action for aggression and ill will the world will turn into a veritable abode of peace For it is only when man shall have peace within himself and boundless goodwill for others that peace in the world will become enduring , **Collected Wheel Publications Volume XXIV** Hellmuth Hecker, Bhikkhu Nyanasobhano, Acariya Buddhharakkhita, Bhikkhu Bodhi, Mahasi Sayadaw, Susan Elbaum Jootla, Acharn Kor Khao-suan-luang, Webu Sayadaw, 2013-12-01 This book contains fourteen numbers of the renowned Wheel Publication series dealing with various aspects of the Buddha s teaching Wheel Publication 362 Lives of the Disciples Anuruddha Master of the Divine Eye Hellmuth Hecker 363 364 Two Dialogues on Dhamma Bhikkhu Nyanasobhano 365 366 Metta Acariya Buddhharakkhita 367 369 Dana The Practice of Giving Bhikkhu Bodhi 370 371 Satipatthana Vipassana Mahasi Sayadaw 372 The Message of the Velama Sutta Susan Elbaum Jootla 373 374 Looking Inward Tan Acharn Kor Khao suan luang 375 376 The Essential Practice Part I Venerable Webu Sayadaw *The Mahavamsa* Thera Mahanama-sthavira, 1999 **Mental Culture in Burmese Crisis Politics** Gustaaf Houtman, 1999 An examination of the current political crisis in Burma and in particular its Buddhist and socio psychological aspects **You Are Not What You Think** David Richo, 2015-12-29 You and your ego how to develop strong self confidence without becoming an egotist so you can be happy with who you are and make others love you too How can you build the healthy ego necessary to be effective in life yet avoid the kind of egotism that makes people dislike you Don t worry Dave Richo has the answers You Are Not What You Think shows you how to navigate the tricky waters between egotism and selflessness in a way that avoids both extremes and makes you much more effective and loving The key is to acknowledge your ego and to be kind to it before you ultimately learn to let it go As with all Dave s books this one is full of examples from mythology psychology and religion with plenty of exercises and practical advice [Mindfulness Meditation and The Art of Reiki](#) Steve Robert Gooch, 2022-07-29 Beyond the concept of energy healing the system of Reiki was engineered as a powerful spiritual development practice built on the bedrock of mindfulness meditation Unpacking the esoteric Buddhist heart of the practice this book will guide you to a more fulfilling healthy and spiritually dynamic life by showing you how to approach the system from a mindfulness perspective

New information and insights into the methods mechanics and philosophy of Reiki make this an essential read for anyone interested in the system's original purpose. As Reiki comes under increasing scrutiny over its health supportive characteristics, now is the time to shine a light on its symbiotic relationship with mindfulness practice in helping to alleviate the suffering of the human condition.

The Wisdom of Tolerance Daisaku Ikeda, Abdurrahman Wahid, 2015-04-15

What do Buddhism and Islam have in common? And what positive characteristics might Buddhist Japan and Muslim Indonesia be able to offer one another? In this thoughtful and wide-ranging discussion, which draws on creative artists and thinkers as diverse as Beethoven, Goethe, Tolstoy, Thomas Jefferson, and Akira Kurosawa, distinguished representatives from each country demonstrate that meaningful dialogue between religions and cultures begins with a one-to-one conversation between individuals. Addressing the similarities of their nations as island peoples with a shared history of trade and cultural exchange, Abdurrahman Wahid and Daisaku Ikeda agree that the aim of dialogue, like that of Buddhism and Islam alike, is fundamentally the goal of peace. A pivotal moment in the conversation comes when reference is made to the Indonesian story of the Bamboo Princess from the Chronicle of the Kings of Pasai; this is seen to bear close resemblance to the Japanese Taketori Monogatari or Tale of the Bamboo Cutter. Such narrative interrelationship, which can be discerned even in the midst of religious and cultural distinctiveness, emerges as a powerful symbol of the common humanity, not just of Indonesia and Japan but of all cultures. Both thinkers continue to draw on their respective traditions, on their personal experiences of war and adversity, and especially on the lives of the Buddha and the Prophet Mohammed, to show that harmony springs from an attitude of tolerance and nonviolence, which is where true courage resides. Whether masterfully expounding the teachings of Nichiren or indicating that a proper understanding of jihad is not about religious conflict but about communicating the truth of Allah, the discussants mutually transform our understandings of value, pluralism, and amity.

The Power of Compassion Marion Kostanski, 2009-03-26

We entered the 21st Century full of anxiety with the promised threat of a millennium bug that could potentially cripple our lives. Since then, we have witnessed an increasing level of angst and despair across the world as warnings of climate change and economic hardships have been forecast. Wars have raged; a new evil has entered our consciousness, and the word terrorism has come to the forefront of our lexicon. Millions of innocent people have lost their lives. Today, we are witnessing the ever-increasing state of displaced persons being shuffled from makeshift home to makeshift home, being locked up in camps and cut off from the rest of society. Everywhere around us, we hear about increases in depression and mental health disorders among the general population. Young people are checking out of the mainstream; there are phenomenal increases in the rate of suicide, and older people are living out wretched lives, isolated and alone. Multinational corporations have been accused of extorting vulnerable peoples for economic gain, and consumption seems to be our new idol. What is becoming of our society? How do we make sense of our world? The essays in this book provide a compelling insight and reflection into the work of health professionals as they struggle to make sense of their work and the

world around them in this new century From exploring the concept of Living Compassion working with the good bad and ugly aspects of our lives and reflecting on practice the authors discuss their ideas on compassion They offer you the reader an opportunity to reflect on your own daily practice and to go forward with a sense of shared humanity Medicine, Religion, and the Body Elizabeth Burns Coleman, Kevin White, 2010 This book explores the ways in which the body is sacred in Western medicine as well as how this idea is played out in questions of life and death of the autopsy and of the meanings attributed to illnesses and disease Ritual and religious modifications to and limitations on what may be done to the body raise cross cultural issues of great complexity philosophically and theologically as well as sociologically within medicine and for health care practitioners but also as a matter of primary concern for the patient The book explores the ways in which medicine organises the moral and the immoral the sacred and the profane how it mediates cultural concepts of the sacred of the body of blood and of life and death

Mindfulness Skills for Trauma and PTSD Rachel Goldsmith Turow, 2017-02-28 How mindfulness can help trauma survivors move to places of healing Trauma touches every life but the way that we hold our pain makes a difference Mindfulness Skills for Trauma and PTSD provides user friendly descriptions of the many facets of traumatic stress alongside evidence based strategies to manage trauma symptoms and build new strengths This book is a valuable resource for trauma survivors health professionals researchers mindfulness practitioners and others seeking new pathways to recovery and resilience It is normal to feel anxious or depressed after trauma and to have upsetting thoughts and memories Instead of fighting our feelings and blaming ourselves for what are actually common responses to trauma mindfulness practices can help us tolerate and decrease distress cultivate kindness towards ourselves and others make wise choices navigate attention improve relationships and relax capacities that reduce trauma symptoms and advance our overall well being Practicing the small stuff can help us with the big stuff As we learn to notice our breathing walking minor frustrations or daily activities with curiosity and care we build inner resources to skillfully handle past trauma as well as current and future challenges Mindfulness practices can transform self blame into self respect and self compassion We can also match specific mindfulness skills to particular trauma symptoms For example grounding with the five senses can help us when we feel overwhelmed or spaced out and loving kindness meditation can alleviate self criticism With this book you will explore scientifically supported mindfulness practices plus In their own words sections that illustrate the skills with personal stories demonstrating how mindfulness practices have helped others recover from trauma Research highlight sections showcase fascinating scientific studies that form the basis for the book s approaches As we practice effective strategies to handle a full range of experiences we can each find new sources of hope connection and peace

A Meditative Journey with Saldage B. Catherine Koeford, 2009-09-21 This work combines Buddhist philosophies Christian principles mythologies and psychological theories with personal history to offer a meditative approach towards healing valuable for individuals and therapists

No Bad News for the King Emma Larkin, 2011-06-28 An incisive unprecedented report on life inside Burma

from the author of *Finding George Orwell in Burma* On May 2 2008 an enormous tropical cyclone made landfall in Burma wreaking untold havoc and killing more than 138 000 people In *No Bad News for the King* Emma Larkin a Westerner who has been traveling to and secretly reporting on Burma for years uses her extraordinary access and intimate understanding of the Burmese people to deliver a beautifully written and stunningly reported story that has never been told before Chronicling the tragedy that unfolded in the chaotic days and months that followed the storm she also examines the secretive politics of Burma's military dictatorship a regime that relies on vicious military force and a bizarre combination of religion and mysticism to rule the country

The Mindful Path to Self-compassion Christopher K. Germer, 2009-04-28 For people who struggle with difficult emotions like anxiety guilt anger loneliness sadness or low self esteem mindfulness practices can be enhanced by adding a simple yet powerful ingredient self compassion Without it we all too often respond to emotional suffering with self criticism shame or defensiveness tough to break habits that only make suffering worse This wise eloquent and practical book illuminates the nature of self compassion and offers easy to follow scientifically grounded steps for incorporating it into daily life

The Two Truths Debate Sonam Thakchoe, 2016-01-26 All lineages of Tibetan Buddhism today claim allegiance to the philosophy of the Middle Way the exposition of emptiness propounded by the second century Indian master Nagarjuna But not everyone interprets it the same way A major faultline runs through Tibetan Buddhism around the interpretation of what are called the two truths the deceptive truth of conventional appearances and the ultimate truth of emptiness An understanding of this faultline illuminates the beliefs that separate the Gelug descendants of Tsongkhapa from contemporary Dzogchen and Mahamudra adherents *The Two Truths Debate* digs into the debate of how the two truths are defined and how they are related by looking at two figures one on either side of the faultline and shows how their philosophical positions have dramatic implications for how one approaches Buddhist practice and how one understands enlightenment itself

Meditation, 2019-02-05 *Meditation* Volume 244 the latest release in the *Progress in Brain Research* series highlights new advances in the field with this new volume presenting interesting chapters on The effect of meditation on attentional processes State trait influences of Vipassana meditation practice on P3 EEG dynamics What could teachers learn from the neuroscience of self experience Training Attention for Conscious Non REM Sleep The Yogic Technique of Yoga Nidra and Its Implications for Neuroscience Research CNV and P3 modulations following sensorimotor training Analytical meditation a characterization of a reasoning based meditation training Buddhist meditation and the regulation of brain networks Mindfulness based Emotional Balance Training in Military Spouse and more Provides the authority and expertise of leading contributors from an international board of authors Presents the latest release in the *Progress in Brain Research* series Updated release includes the latest information on *Meditation*

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