

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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Acharya Buddharakkhita, S. N. Goenka



Metta The Philosophy And Practice Of Universal Love:

Metta Acharya Buddharakkhita,1989 Mettā Acariya Buddharakkhita,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 parahita parasukha karana 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 Theravada Buddhist tradition the Visuddhimagga the Vimuttimagga and the Patisambhidamagga Mettā Ācariya Buddharakkhita,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 *Mett?* Acharya Buddharakkhita,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 *Mettā* ,2019 , *Collected Wheel Publications Volume XXIV* Hellmuth Hecker,Bhikkhu Nyanasobhano,Acariya Buddharakkhita,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 Buddharakkhita 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

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