

# 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

# Metta The Philosophy And Practice Of Universal Love

**David Richo**



## **Metta The Philosophy And Practice Of Universal Love:**

*Metta* Acharya Buddharakkhita,1989      *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      **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 Karaniyametta Sutta

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 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

*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

**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

*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

**An Introduction to Buddhism** Peter Harvey,2013 Extensively revised and updated this book provides a comprehensive overview of the development of Buddhism in Asia and the West

**An Introduction to Buddhist Psychology and Counselling** Padmasiri De Silva,2014-04-08 This book now in its fifth edition provides a comprehensive introduction to Buddhist psychology and counselling exploring key concepts in psychology and practical applications in

mindfulness based counselling techniques using Buddhist philosophy of mind psychology ethics and contemplative methods

**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

**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

**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

**The Mahavamsa** Thera Mahanama-sthavira, 1999

*Mindfulness Skills for Trauma and PTSD: Practices for Recovery and Resilience* 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

**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 descendents 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

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*Altruism in Cross-Cultural Perspective* Douglas A. Vakoch,2013-05-16 Altruism in Cross Cultural Perspective provides such a scholarly overview examining the intersection of culture and such topics as evolutionary accounts of altruism and the importance of altruism in ritual and religion The past decade has seen a proliferation of research on altruism made possible in part by significant funding from organizations such as the John Templeton Foundation While significant research has been conducted on biological social and individual dimensions of altruism there has been no attempt to provide an overview of the ways that altruistic behavior and attitudes vary across cultures The book addresses the methodological challenges of researching altruism across cultures as well as the ways that altruism is manifest in difficult circumstances A particular strength of the book is its attention to multiple disciplinary approaches to understanding altruism with contributors from fields including psychology anthropology sociology biology communication philosophy religious studies gender studies and bioethics

*Buddhist Ethics for Laypeople* Tien-Feng Lee,2022-02-10 This book comprehensively discusses the topics in Buddhism that are crucial for promoting lay people s welfare from mundane bliss in this life i e wealth and good interpersonal relationships to prosperity in the future i e a good rebirth and less time spent in Samsara This book presents some moral guidelines and a spiritual training path designed for householders and lay Buddhists helping them secure the welfare The guidelines and the training path presented in the book are based on the Pali Nik yas and the Chinese gamas in Early Buddhism and an influential Chinese Mahayana scripture the Up saka la S tra

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