

### **Mettā (Loving Kindness)**

The aim of metta practice is to cultivate our capacity to wish for the welfare of all beings, including ourselves. Metta has to do with getting in touch with that wellspring in our hearts from which unconditional love comes.

1) Oneself, 2) Benefactor, 3) Dear Friend, 4) Neutral Person, 5) Difficult Person

May I/you be safe (and protected).

May I/you be happy and peaceful.

May I/you be healthy and strong.

May I/you take care of myself/yourself happily (or easefully).

Or make up your own phrases, like: May I love myself unconditionally.

**Near/Masked Enemy:** Attachment, desire

**Far/Direct Enemy:** Aversion, hatred

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