

THE METTA (LOVINGKINDNESS) PRAYER:

WISHING WELL FOR ALL LIVING THINGS

TODAY'S CHALLENGE

The metta or lovingkindness prayer is a beautiful, all-inclusive prayer that can be said for anyone and any thing in any situation. One popular approach is to start by saying the prayer for yourself (as someone you can hopefully easily wish the positive intentions for), then in turn for the following:

- someone that you love such as a family member or parent,
- someone for whom you have neutral feelings, such as someone you may have just met that you don't know well,
- someone for whom you find it challenging to love,
- all beings, the entire cosmos.

Say the prayer for yourself, and then extending out for each of these.

There are various forms for the prayer, but for today, you might like to use the form of words suggested below.

SHARE: In the Facebook group, suggest a situation where you might use this prayer otherwise (e.g. it might be for everyone sitting on a bus, or for people who come to a particular place).

Remember to offer encouragement / comment on Facebook posts added by others (not necessarily for today's challenge).

Clive x

METTA (LOVINGKINDNESS) PRAYER

May I / [person's name] / [all beings] dwell in the heart

May I / they know their wholeness

May I / they be free from suffering

May I / they be healed

May I / they be happy

May I / they be at peace