

Mindfulness in Plain English

Bhante Gunaratana

Chapter 9, pages 101-02

Metta Practice Quotes

“At the beginning of each meditation session, say the following sentences to yourself. Really feel the intention:

May I be well, happy, and peaceful. *May no harm come to me. May I always meet with spiritual success. May I also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life. May I always rise above them with morality, integrity, forgiveness, compassion, mindfulness, and wisdom.*

May my parents be well, happy, and peaceful. *May no harm come to them. May they always meet with spiritual success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness, and wisdom.*

May my teachers be well, happy, and peaceful. *May no harm come to them. May they always meet with spiritual success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness, and wisdom.*

May my relatives be well, happy, and peaceful. *May no harm come to them. May they always meet with spiritual success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness, and wisdom.*

May my friends be well, happy, and peaceful. *May no harm come to them. May they always meet with spiritual success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness, and wisdom.*

May all indifferent persons be well, happy, and peaceful. *May no harm come to them. May they always meet with spiritual success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness, and wisdom.*

May all unfriendly persons be well, happy, and peaceful. *May no harm come to them. May they always meet with spiritual success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness, and wisdom.*

May all living beings be well, happy, and peaceful. *May no harm come to them. May they always meet with spiritual success. May they also have patience, courage, understanding, and determination to meet and overcome inevitable difficulties, problems, and failures in life. May they always rise above them with morality, integrity, forgiveness, compassion, mindfulness, and wisdom.”*