

# METTA-LOVING KINDNESS.

Metta is the altruistic attitude of love towards all living beings and for all their aspects, good or bad. If Metta was a person would be a loving mother who gives her all for her dear children. Metta wants nothing in return. It is the unconditional love and the trust that there is kindness and goodwill inside every living being.

In a culture that either we are thinking too much consumed by our personal drama or we are bypassing our problems by saying 'good vibes only', Metta is inviting us to come back to our bodies and our hearts and really listen.

By accepting and welcoming all kinds of emotions, we are giving love and kindness to ourselves. Metta is not judging or forcing us to change. It's just there, present with open arms to welcome all the experiences of life.

**" LIKE A CARING MOTHER HOLDING AND GUARDING  
THE LIFE OF HER ONLY CHILD, SO WITH A BOUNDLESS  
HEART OF LOVINGKINDNESS, HOLD YOURSELF AND  
ALL BEINGS AS YOUR BELOVED CHILDREN"**

-GAUTAMA BUDDHA

But how can we be in that state when around us there is so much stress, pain, anger and day to day things that take over our mind?

In Buddhism we say that qualities can be practiced and developed. Like exercising the physical body, we can train our emotional body as well.

By “practiced” (*asevita*) is meant the ardent practice of metta, not as a mere intellectual exercise, but by committing oneself wholeheartedly to it and making it life’s guiding philosophy, something which conditions one’s attitudes, outlook and conduct.

By “developed” (*bhavita*) is implied the various processes of inner culture and mental integration affected by the practice of meditation on universal love. Since meditation brings about unification of mind by integrating the various faculties, it is called development of mind. The Buddha taught that the entire mental world is developed by the practice of meditation on universal love, leading to the mind's liberation and the transformation of the personality.

Enjoy the practices of this month, welcome back to your heart and truth.