

Reb Moshe's Metta Practice

Within traditional Eastern meditation, there is a concentration exercise called a “Metta practice.” The Pali word “Metta” is a broad, lovely term which encompasses notions of loving-kindness, friendliness, goodwill, benevolence, fellowship, amity, inoffensiveness and non-violence.

The Pali commentators define “metta” as “a strong wish for the welfare and happiness of others” (parahita-parasukha-kamana). This practice has been transformed at Mishmat Hayyim into a vehicle to open the heart to ourselves, to those we love, and to those with whom we may have a less than cordial relationship.

The foundation of this practice is repetition of four phrases, which are first directed — we know, too often with difficulty — toward oneself:

1. May I be blessed with Shalom (peace).
2. May I be blessed with Simcha (joy).
3. May I be blessed with Chesed (lovingkindness).
4. May I be blessed with Rakhamim (compassion).

Recite these four phrases to yourself at a focused, comfortable pace. Continue reciting the phrases in the first person.

When you are ready, try offering Metta to a benefactor — someone who has supported and nurtured you, who has always “been on your side” —

1. May s/he be blessed with Shalom.
2. May s/he be blessed with Simcha.
3. May s/he be blessed with Chesed.
4. May s/he be blessed with Rakhamim.

Next offer Metta to a loved one —

1. May s/he be blessed with Shalom.
2. May s/he be blessed with Simcha.
3. May s/he be blessed with Chesed.
4. May s/he be blessed with Rakhamim.

Once your Metta flows easily to a loved one, begin to include in your practice people (or things) with whom (which) you have an ambivalent, or problematic, or general relationship —

- a neutral person (someone whom you neither like nor dislike);
 - a difficult person, or a difficult thing — your “difficult thing” may well be an aspect or dimension of yourself; and
 - all beings, individuals, personalities and creatures.
1. May s/he/it be blessed with Shalom.
 2. May s/he/it be blessed with Simcha.
 3. May s/he/it be blessed with Chesed.
 4. May s/he/it be blessed with Rakhamim.

Adapted, with blessings and thanks, from the Website, [Integrating Psychology and Spirituality for the Relief of Personal Suffering](#)