

Loving Kindness

Metta Sesshin June, 2004

Great Vow Zen Monastery

“All the joy in the world comes from wishing others happiness.” Shantideva

Loving kindness is natural and unnatural.

Loving kindness must be practiced diligently if we want to become skilled and able.

Loving kindness begins with ourselves and radiates out.

Loving kindness is the source of peace and safety.

Loving kindness does not apply just to people, but to animals, plants, rocks and even machines.

Loving kindness can be applied any time, anywhere. No special equipment is needed.

Loving kindness does have to do with our physical heart but is not confined to our physical heart.

Loving kindness creates a field of beneficial energy that can transform us and others.

We practice loving kindness in the good times in order to be able and ready to have it function through us and to us in the bad times.

Loving kindness is the antidote to anger, whether arising from within or without.

Anxiety is not loving kindness, although anxiety may arise from love. Uncover the love that underlies anxiety and allow it to speak.

Loving kindness is a prayer to our self, to our Original Self.

Loving kindness in its simplest form is quiet, calm, warm awareness.

One who has loving kindness for all beings has no enemies.

