

LOVING KINDNESS: METTA COMES TO THE WEST



THE BUDDHA:

A MONASTIC DWELLING IN LOVING-KINDNESS
AND PLEASED
WITH THE BUDDHA'S TEACHINGS

ATTAINS HAPPINESS,
THE STILLING OF FORMATIONS,
THE STATE OF PEACE.

DHAMMAPADA 368

THE BUDDHA:

HATRED NEVER ENDS THROUGH
HATRED.

BY LOVE ALONE DOES IT END.

THIS IS AN ANCIENT TRUTH.

DHAMMAPADA 5

FOUR-FACED DIVINE LOVE



FOUR-FOLD DIVINE LOVE:

- *Metta* - Loving Kindness
- *Karuna* – Compassion
- *Mudita* – Appreciative Joy
- *Upekkha* - Equanimity

FOUR-FOLD BUDDHIST LOVE

Loving kindness befriends all beings

Compassion cares for all who suffer

Appreciative Joy rejoices with all who are fortunate

Equanimity loves peacefully all who can't be helped.

BURMA, 2009



NOBLE PRIZE WINNER, ANG SAN SUU KYI

...as time went on, like a lot of others who've been incarcerated, we have discovered the value of loving-kindness. We've found that it's one's own feeling of hostility that generates fear. I never felt frightened when I was surrounded by all those hostile troops. That is because I never felt hostility towards them.

170,000 people practicing loving-kindness meditation in Sri Lanka



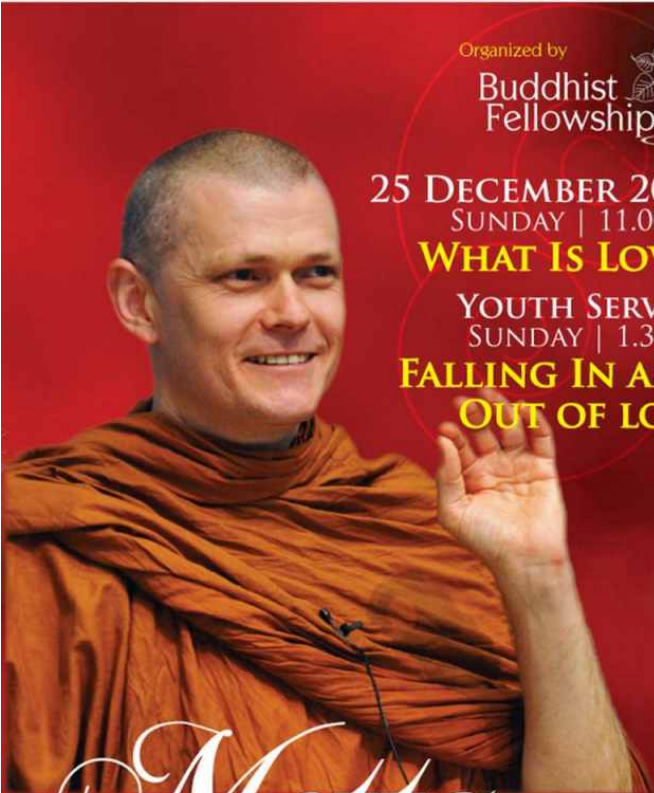
“Loving one’s oppressor may be the most difficult attitude to achieve. But it is the way of the universe that retaliation, hatred, and revenge only continue the cycle and never stop it. Reconciliation does not mean we surrender rights and conditions, but rather we use love in all of our negotiations.”

Maha Gosananda – Gandhi of Cambodia

“Peace is Possible!
We will build an **army of**
peace
whose ammunition will be
bullets of loving kindness.”

--Maha Gosananda

BUDDHIST LOVE IN THE WEST



Organized by
Buddhist Fellowship

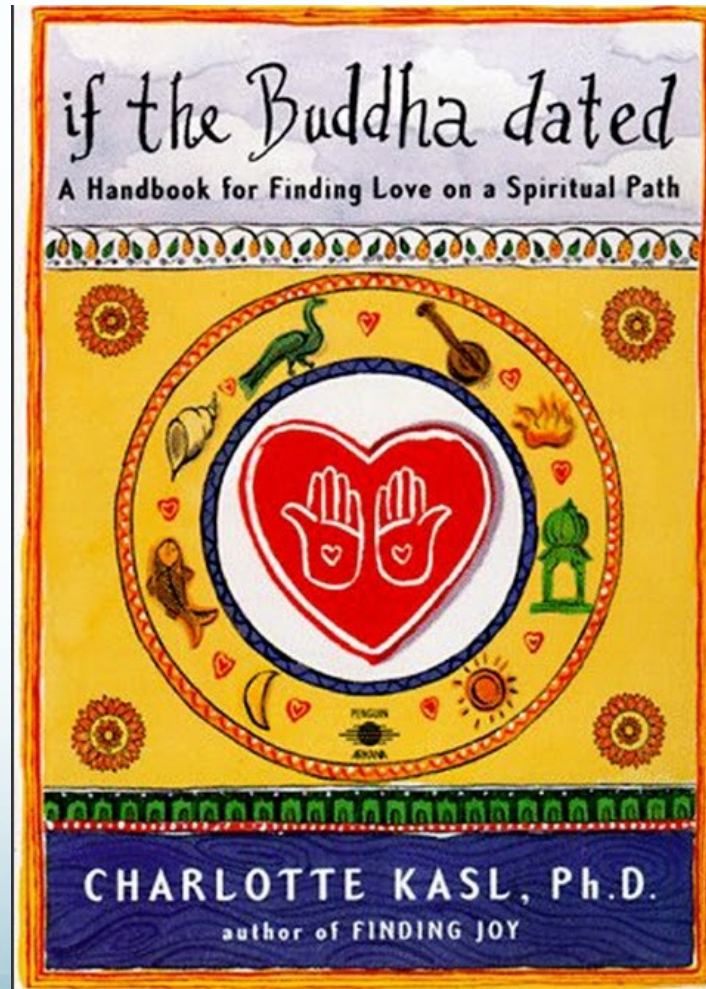
25 DECEMBER 2011
SUNDAY | 11.00AM
WHAT IS LOVE?

YOUTH SERVICE
SUNDAY | 1.30PM
**FALLING IN AND
OUT OF LOVE**

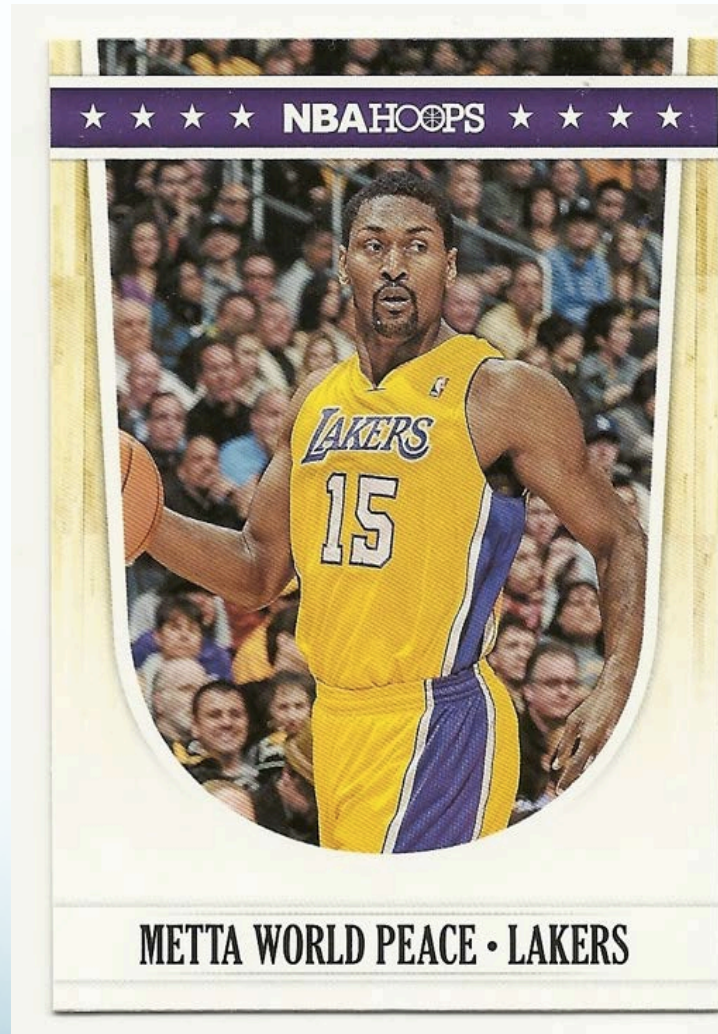
Metta
Meditation Retreat
23 - 28 DECEMBER 2011
BHANTE SUJATO

W : www.buddhistfellowship.org | E : info@buddhistfellowship.org | T : 6278 0900 | F : 6278 1020 |

HOW ARE BUDDHIST VALUES OF LOVE ADAPTED TO THE WEST?



RON ARTEST



RON ARTEST





ASSUMPTION COLLEGE

A Catholic College founded by the Augustinians of the Assumption

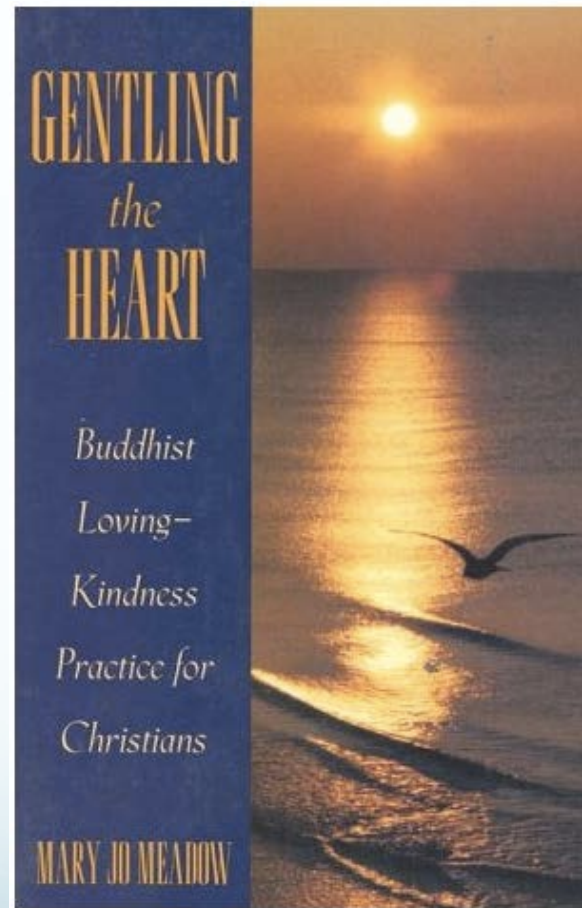
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About METTA

Metta takes its name from the Pali word for 'loving-kindness' and 'friendliness for all.' In the same essence, the Marie Eugenie Theater of the Assumption, or Metta, combines drama, dance, and music to allow every artistic possibility.

BUDDHIST LOVE AND CHRISTIANITY





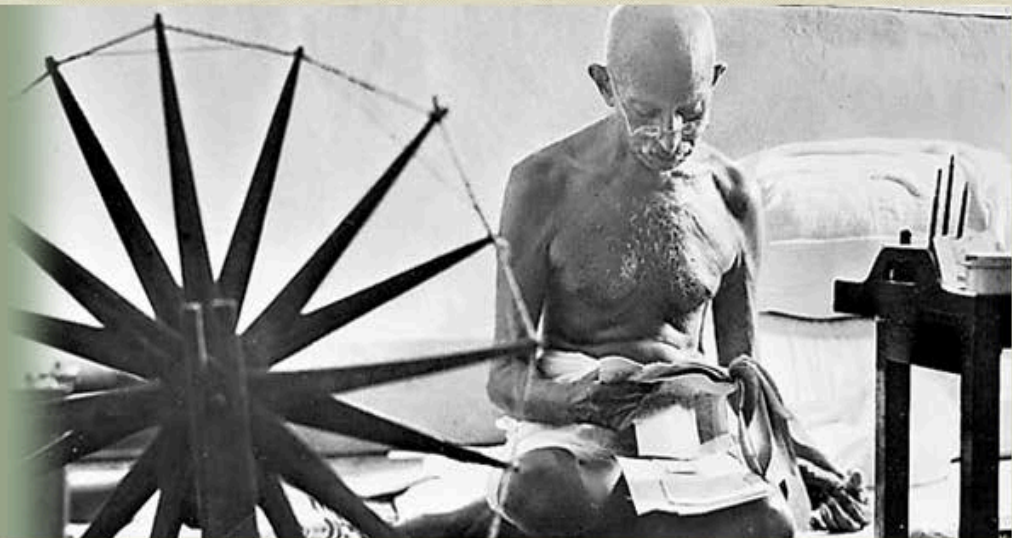
METTA CENTER *for* NONVIOLENCE

[Nonviolence](#)[Roadmap](#)[Research & Education](#)[Writings & Blogs](#)[Get Involved](#)[About](#)

Making a Difference

"The Metta Center for Nonviolence (...) helped us to shape a transformative and groundbreaking learning program that seeks to make learning for peace accessible and affordable to all. The Metta Center has also supported the development of our holistic educational approach, recommending strategies and course designs to help overcome differences and bring conflicting perspectives into harmony."

Tony Jenkins, the National Peace Academy



Supporting a Healthier San Francisco

Grantee Spotlight

Indochinese Housing Development Corporation

For 30 years, the Indochinese Housing Development Corporation has assisted families living in the Tenderloin neighborhood with a place to call home, physically and emotionally.

[READ MORE](#)

Metta Fund is dedicated to...

Strong Community-Based Organizations

Improving the efficiency and effectiveness of individual health and human service nonprofit organizations that are working to improve health in San Francisco.

Healthy Neighborhoods

Assessing and implementing neighborhood-based strategies aimed at improving physical activity, healthful eating and other positive lifestyle changes.

Our History

The Metta Fund traces its history back to 1854, when the German Benevolent Society was established in San Francisco.

METTA FUND

"Metta" is a Buddhist term drawn from an ancient Sanskrit language, and was chosen as our name because of its meaning: loving-kindness, benevolence.

Between the years 1998 and 2009, Metta Fund and Franklin Benevolent Corporation provided San Francisco nonprofit organizations with over \$55 million in funding.

To read more about the history of the Davies Medical Center, visit:
<http://www.cpmc.org/about/history/timeline.html>

“Metta’ the traditional Buddhist terminology for loving kindness, is perhaps the best starting point in the search for personal meaning, easily integrated with the scientific worldview”

THE METTA-PHYSICS MAGAZINE

Exploring the Science-Spirituality Interface

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LEADING ARTICLE
**Fourth State of Mind:
Neurobiology of Meditation
[Part 2]**

Meditation and relaxation alters alpha and theta brain wave patterns that increases awareness of mental processes recent research reveals.

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METTA YOGA CENTERS

- Metta Yoga (mymettayoga.com) – yoga center in **Kentucky**. Defines metta:
“Metta, from the ancient language of Pali, translates into English as loving kindness, generosity, fellowship, peace and harmony. Metta is a strong and unselfish wish for the well-being and happiness of others.”
- Metta Yoga (newmettayoga.com) – Yoga centers in Arizona
- Metta Yoga (mettayoga.org) – yoga center in **Indiana**
- Metta Massage and Yoga Clinic (mettamassage.com) - Canada

METTA AND WELLNESS

- **Metta Day Spa** (mettadayspa.com) – in **Georgia**
“The word “metta” is an ancient Pali term that means loving kindness towards one's self and towards others. It is a philosophy, a lifestyle, built on the principles of compassion and kindness.”
- **Metta Wellness Center** (mettawellnesscenter.com)-
in Colorado
- **Metta Integrative Wellness Center** in Maryland
- **Metta Counseling Service** (metta-counseling.com) –
Therapy services in **North and South Carolina**
- **Metta Station Massage** (mettastationmassage.com)
– Massage service in Georgia

METTA ADOPTED BY SF ZEN CENTER FOR RECOVERY PROGRAM



SAN FRANCISCO ZEN CENTER

About SFZC City Center Green Gulch Tassajara



by Timothy C. Conroy

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Teachings from Meditation in Recovery: Metta (Loving-Kindness)

Written by Anonymous

This is part of a series of essays on recovery as seen from the Buddhist perspective of the paramitas and the Brahma Viharas. The paramitas are the so-called "perfections" of generosity, morality, patience, effort, meditation and wisdom. The Brahma Viharas, the "divine abidings" are compassion, loving-kindness, sympathetic joy and equanimity. These essays emerge from the ongoing Monday night Meditation in Recovery group that meets at City Center from 7:30-9 pm and we hope they will be useful to you. [If you are interested in acquiring these essays or the preceding series of essays on Buddhism and the Twelve Steps in booklet form, please contact publications@sfzc.org]

Sangha News

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Buddhist

National Buddhist Committee on Scouting

Cub Scout



Metta



ABOUT THE EMBLEMS:

The Metta Program is to help Cub Scouts to further their knowledge and practice of the Buddhist religion. The word "metta" is a Buddhist term meaning loving kindness and goodwill. This word was selected as the name for the award with the hope of nurturing boys who will relate to animate and inanimate things with loving kindness and goodwill in their hearts.

THERAVADA MONASTERY IN SAN DIEGO COUNTY

MettaForestMonastery
วัดเมตตาภิรมย์

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Photo Gallery

Forest Ajaan
Photos

2011 Hut
Construction

Metta Forest Monastery is a meditation monastery in the lineage of the [Thai Forest Tradition](#). Founded in 1990 by [Ajaan Suwat Suvaco](#), it has been under the direction of [Thanissaro Bhikkhu \(Ajaan Geoff\)](#) as abbot and meditation teacher since 1993. Currently there are eight American monks and one Thai monk in residence.



The Monastery is outside of Valley Center, California at the end of a road in an avocado orchard surrounded by the mountains and chaparral of northern San Diego County.

Being a monastery, its primary purpose is to give men the opportunity to ordain as bhikkhus to practice in line with Dhamma and Vinaya (training rules) taught by the Buddha over 2,500 years ago.

Laymen and laywomen are also welcomed at the Monastery to practice in line with the Buddha's teachings. Please see the Visitor Information pages about [day visits](#) and [overnight retreats](#).



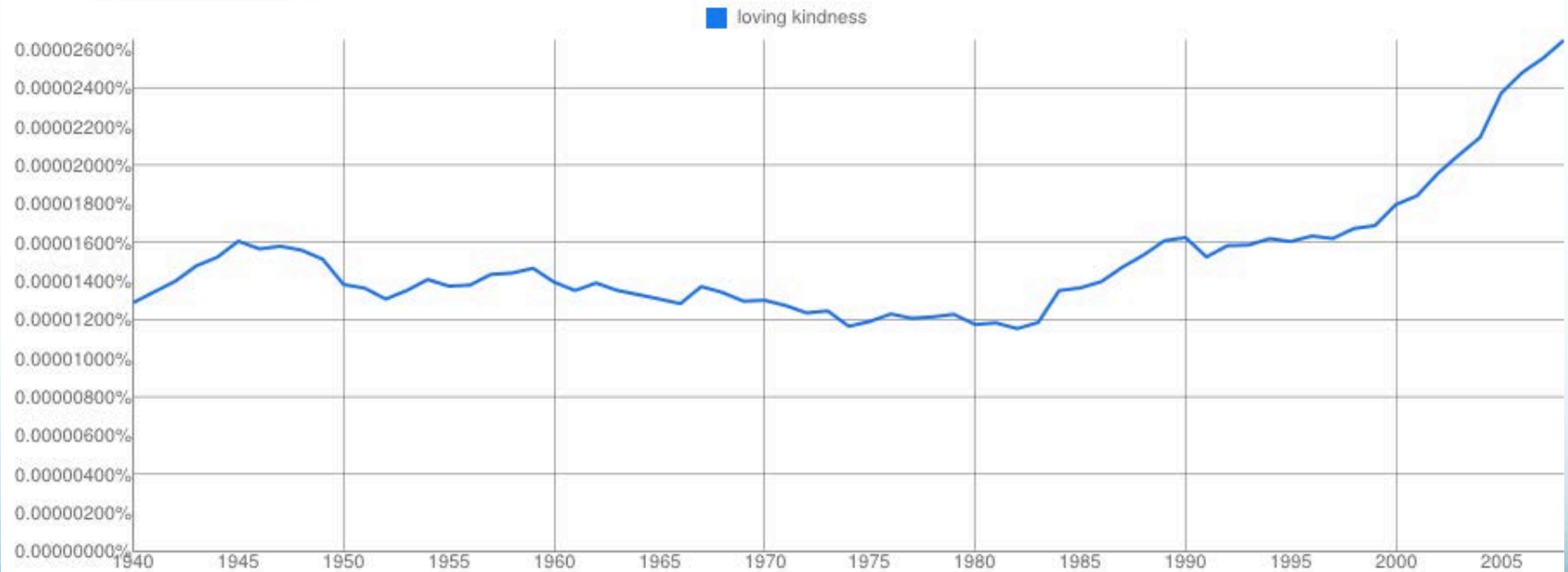
Frequency of “Loving Kindness” in Google Books

Google books Ngram Viewer

Graph these **case-sensitive** comma-separated phrases: loving kindness

between 1940 and 2008 from the corpus English with smoothing of 3

Search lots of books



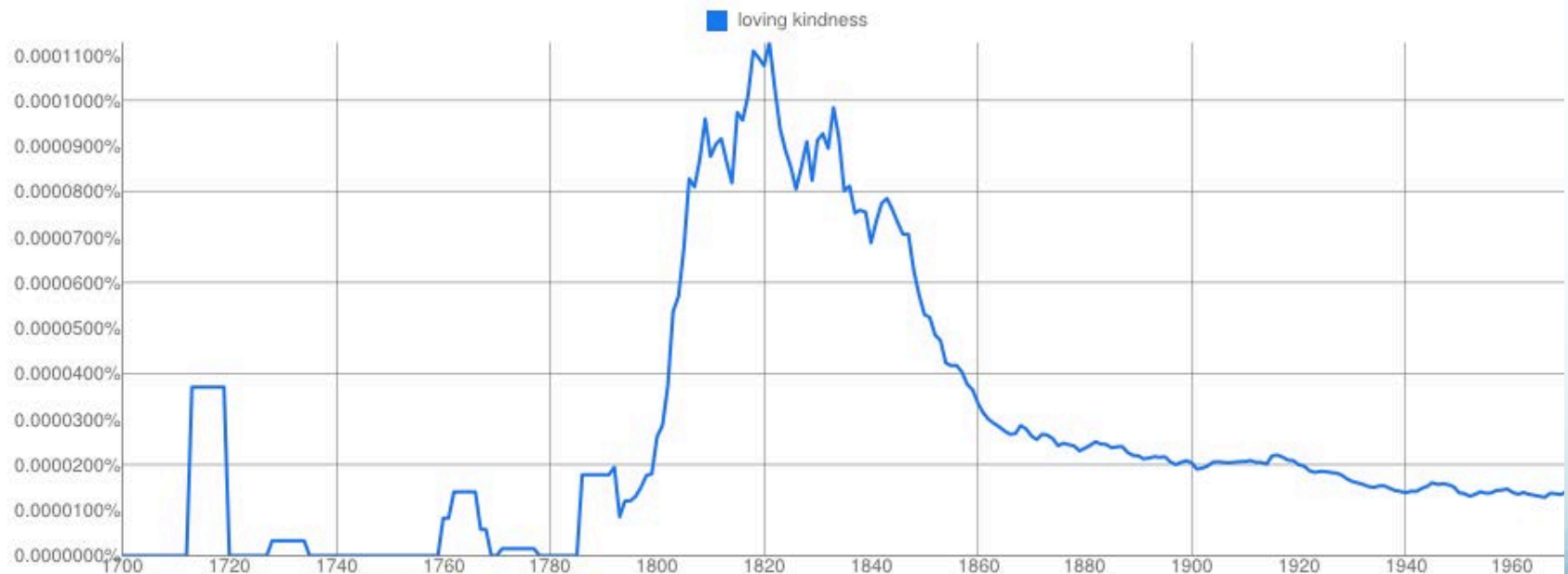
FREQUENCY OF “LOVING KINDNESS” 1700-1970

Google books Ngram Viewer

Graph these **case-sensitive** comma-separated phrases: loving kindness

between 1700 and 1970 from the corpus English with smoothing of 3

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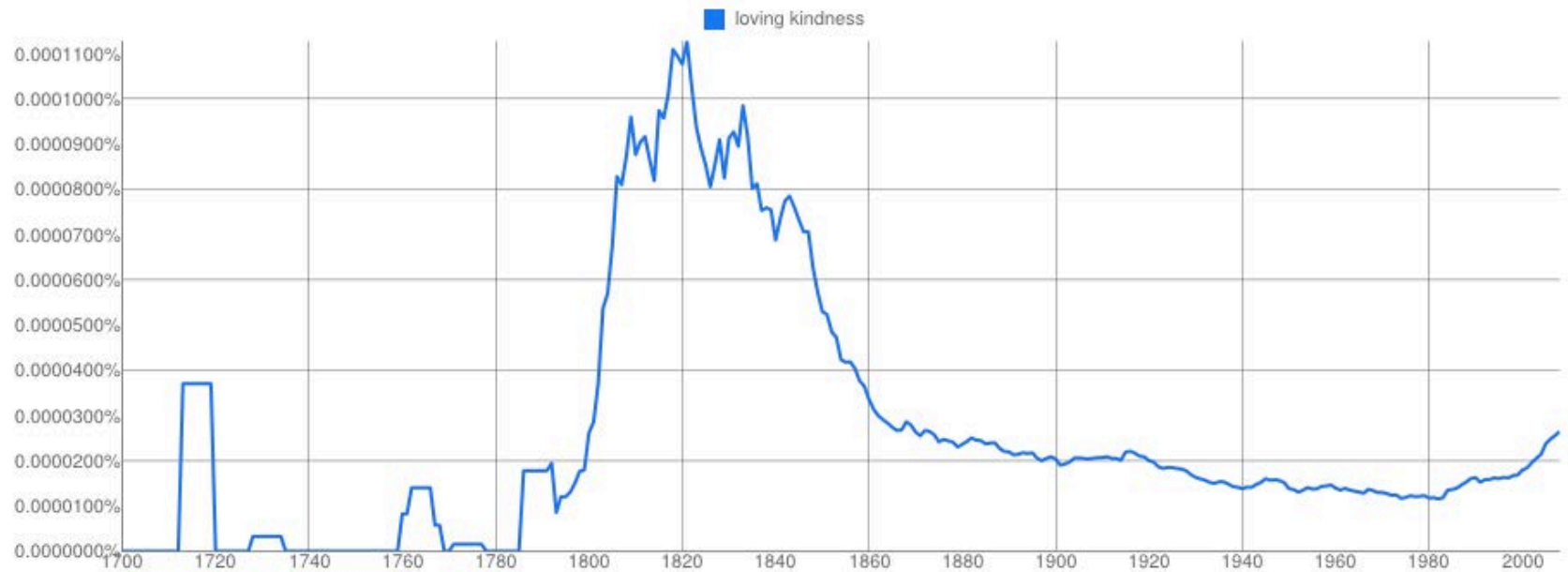
1700 - 2008

Google books Ngram Viewer

Graph these **case-sensitive** comma-separated phrases:

between and from the corpus with smoothing of .

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THE BOOKS THAT USE “LOVING KINDNESS”

Google books Ngram Viewer

Graph these **case-sensitive** comma-separated phrases:

between and from the corpus with smoothing of

[Search lots of books](#)



Search in Google Books:

1700 - 1803	1804 - 1828	1829 - 1836	1837 - 1928	1929 - 1970	loving kindness (English)
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1814-1821: 12,000 results

[A Common-place Book to the Holy Scriptures - Page 40](#)



[books.google.com](#)

[Joseph Strutt](#) - 1824 - Free Google eBook - [Read](#)

How excellent is thy **loving-kindness**, O God ! therefore the children of men put their trust under the shadow of thy wings. ... The Lord will command his **loving-kindness** in the daytime? and in the night his song shall be with me, and my prayer to ...

[More editions](#)

[Herald of salvation: Volumes 1-2 - Page 145](#)



[books.google.com](#)

[Stephen Rensselaer Smith, Pitt Morse](#) - 1823 - Free Google eBook - [Read](#)

II. NO. 19. A SERMON Delivered at thf. Dedication of the Universalis? Church in this village by the Rev. Hosea Bali.ou. " Haw excellent is thy **loving-kindness**, OGod! therefore the children of men put their trust under the shadow of thy wings.

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[The psalms and hymns of Dr. Watts - Page 481](#)



[books.google.com](#)

[Isaac Watts](#) - 1827 - 1306 pages - Free Google eBook - [Read](#)

6 Angels and men the news proclaim Through earth and heaven above, The joyful, the transporting news, That God the Lord is Love 701 (13) L. M. Medley. 101. the **Loving -Kindness** of the Lord, Psalm? lxiii. 7. 1 A WAKE, my soul, in joyful lays ...

[More editions](#)

[A selection of hymns and spiritual songs in two parts: ... - Page 308](#)



[books.google.com](#)

[William Parkinson](#) - 1817 - 560 pages - Free Google eBook - [Read](#)

L. M. JIIPPON'S SelEt, The **loving-kindness** of the Lord. Isa. lxiii. 7- 1 A WAKE, my soul, ... 2 He saw me ruin'd in the fall, Yet lov'd ire notwithstanding all : • He sav'd me from my lost estate : His **loving kindness** O how great! 3 Though numerous ...

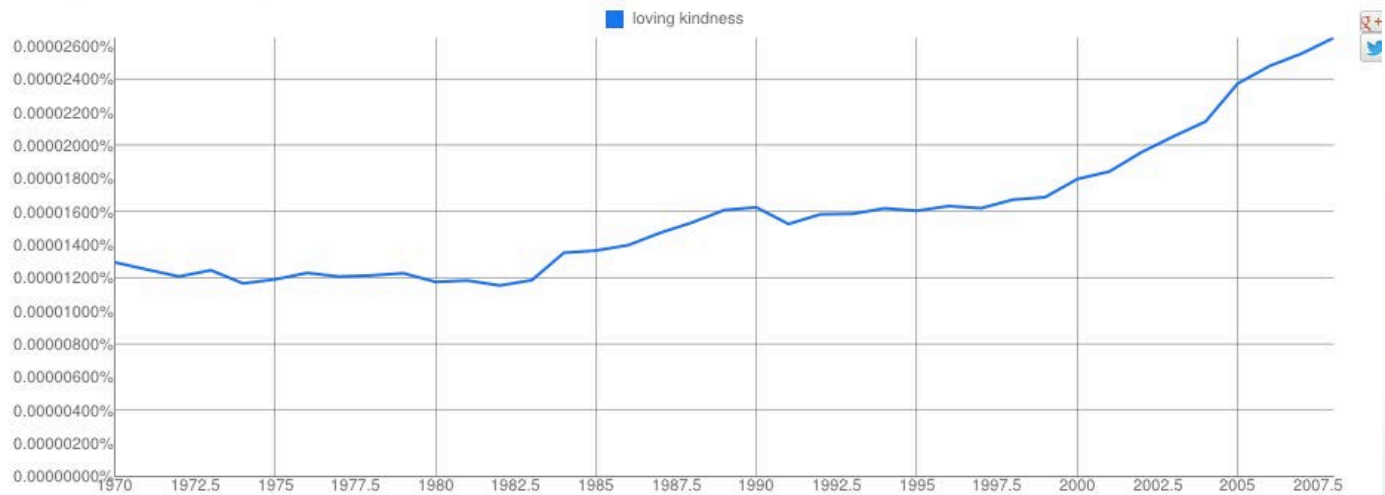
1970-2008

Google books Ngram Viewer

Graph these **case-sensitive** comma-separated phrases: loving kindness

between 1970 and 2008 from the corpus English with smoothing of 3

Search lots of books



Search in Google Books:

1970 - 1974	1975 - 2001	2002 - 2004	2005 - 2007	2008	loving kindness (English)
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Run your own experiment! Raw data is available for download [here](#).

1975-2011: 31,000 results

Awakening Loving-Kindness



books.google.com

Pema Chödrön - 1996 - 193 pages - Google eBook - [Preview](#)

This abridgment of Pema Chodron's Wisdom of No Escape focuses on a meditation technique that uses the ordinary events of everyday life to teach us how to engender loving-kindness toward all beings, beginning with ourselves.

Loving Kindness: Lend a Helping Hand



books.google.com

Sophia Bedford-Pierce, Solomon M. Skolnick - 1997 - 48 pages - Snippet view

Original sayings, about caring and compassion.

The Wisdom of No Escape: And the Path of Loving-Kindness



books.google.com

Pema Chödrön - 2001 - 120 pages - Google eBook - [Preview](#)

An American Buddhist nun encourages accepting everyday life and the wonders and pains of this world as the gateway to an enhanced spiritual life.

[More editions](#)

Training the mind & cultivating loving-kindness



books.google.com

Chögyam Trungpa, Judith L. Lief - 1993 - 250 pages - [Preview](#)

This book presents a series of traditional Buddhist slogans to be used as a study aid for practitioners of meditation, the aim of which is to train the mind, awaken the heart, and cultivate love and kindness toward others.

[More editions](#)

2007-2008: 45,000 results

The Gift of **Loving-Kindness**: 100 Mindful Practices for Compassion, ...



[books.google.com](#)

Mary Brantley, Tesilya Hanauer - 2008 - 282 pages - [Preview](#)

Practiced with thoughtfulness and attention, the simple meditations in The Gift of Loving-Kindness can introduce compassion, clarity, and love into the lives of every reader.

Lovingkindness



[books.google.com](#)

2008 - 264 pages - Google eBook - [Preview](#)

In this inspiring book, Sharon Salzberg, one of America's leading spiritual teachers, shows us how the Buddhist path of lovingkindness can help us discover the radiant, joyful heart within each of us.

[More editions](#)

A loving-kindness intervention: Boosting compassion for self and ...



[books.google.com](#)

David T. Weibel, Ohio University - 2007 - 124 pages - [Preview](#)

Loving-kindness meditation is a millennia old tradition for increasing positive emotions such as love, kindness, and compassion.

Loving-Kindness: Or the Ashdown Flower Show (1873)



[books.google.com](#)

Sophia Russell - 2008 - 152 pages - No preview

[More editions](#)

Tapping In: A Step-By-Step Guide to Activating Your Healing ... - Page 189



[books.google.com](#)

Laurel Parnell - 2008 - 290 pages - Google eBook - [Preview](#)

loving-Kindness ... I first learned Metta, or **loving-kindness** meditation, from Sharon Salzberg at a Vipassana meditation retreat she was ... The **loving-kindness** meditation can then be done within the safe/peaceful place or sacred place.

2005 – FIRST RESEARCH STUDIES ON LOVING KINDNESS PUBLISHED

- Kristelle, J. & Johnson, T. (2005). **Science looks at Spirituality: Cultivating Loving Kindness: A two-stage model of the effects of meditation on empathy, compassion, and altruism.** *Zygon*, 4 (2), 369-407
- Carson JW, et al. (2005) **Loving-kindness meditation for chronic low back pain: results from a pilot trial.** *Journal of Holistic Nursing* 23(3): 287-304.

“Love”

Coltrane’s version of Metta



INSIGHT MEDITATION SOCIETY

