CONTENTS

DECLARATION ................................................................................................................. i

CERTIFICATE .................................................................................................................. ii

PREFACE ........................................................................................................................ iii-vi

ACKNOWLEDGEMENT .................................................................................................. vii-ix

CONTENTS .................................................................................................................... x-xvii

ABBREVIATIONS ........................................................................................................... xviii-xix

INTRODUCTION .............................................................................................................. xx-xxv

CHAPTER (I)  Origin, definition and different shades of meaning of Metta.................................1-37

1:0 Introduction ............................................................................................................. 1

1:1 The Background Story of Metta Sutta or the first teaching of Loving-kindness of meditation ................................................................. 2

1:2 The Etymological definition of the term Mettā ................................................. 4

1:3 Various Other definition of Mettā ................................................................. 9

1:4 Specific Characteristics of Mettā ................................................................. 19

1:5 Differences Between the two terms of Mettā and Adosa ..... 20

1:6 Different shades of meaning of Mettā (Loving-kindness) ..... 21

1:7 Three kinds of Mettā ...................................................................................... 21
CHAPTER (II) Different Kinds of Mettā and the Ways of its Cultivation .............................. 38-104

2:0 Introduction ................................................................. 38

2:1 Introduction to Mettā (Loving-kindness).......................... 40

2:2 Three Types of Pema (Love)............................................ 42

2:3 Three Aspects of the cultivation of Mettā ....................... 45

2:4 Fundamental rules and principles for practice of Loving-
Kindness .................................................................................. 45

2:5 The Techniques of Cultivation of Mettā ............................ 102
2:6 How to develop Sabbasaṅgāhika Mettā................................. 47
2:7 How to develop Dukabhāvanā Mettā................................. 48
2:8 How to develop Tikabhāvanā Mettā ................................. 49
2:9 The Manner of Developing Mettā for the Lack of Unmerited Misery and suffering ................................................................. 50
2:10 The Genuine Practice of Universal Love (Mettā)............... 52
2:11 Mettā as Mother’s Love for All Living beings .................. 55
2:12 Three Categories of Activities on Mettā .......................... 57
2:13 Two Kinds of Mettā (Sammukha and Parammukha Mettā) ... 60
2:14 Attitudes of three monks on Mettā ................................. 62
2:15 528 Kinds of Mettā ....................................................... 64
2:16 Developing method of the Odhisa Mettā ............................ 69
2:17 Developing method of the Anodhisa Mettā....................... 71
2:18 Developing method of the Disāpharaṇa Mettā............... 72
2:19 How Mettā is cultivated in the ten directions.................... 73
2:20 The four persons towards whom Mettā should not be developed at The first stage ................................................................. 76
2:21 The two persons upon whom Mettā should not be bestowed...78
2:22 Person towards whom Mettā should be developed first ....... 79
2:23 Breaking down the barriers between persons....................... 81
2:24 Mettā in Daily Life .......................................................... 83
2:25 Performance of daily duties with Mettā.............................. 88
2:26 How Khanti was an important factor for developing Mettā… 88
2:27 Think about Dosa whether it is constructive or destructive ... 92
2:28 The Beneficial Fruits of Patience (Khanti) ......................... 93
2:29 The Power and Advantages of Mettā (Love) ....................... 95
2:30 The Power of Love ............................................................ 96
2:31 How Mettā Jhāna is achieved.............................................. 98
2:32 Three Levels for cultivating love ....................................... 102

CHAPTER (III) The Practices of Metta and Its Impact on the People of Buddhist countries ........................................ 105-161

3:0 Introduction ........................................................................ 105
3:1 Metta Sutta in Roman Script and Its translation ............... 105
3:2 The Buddha and the Mettā (Loving-kindness) some instances
and anecdotes ................................................................. 108
3:3 The Conversion of notorious criminal Aṅgulimāla .......... 109
3:4 Story of Rojamalla ............................................................ 110
3:5 The Conversion of Kassapa brothers by the psychic power of
contemplating on Mettā ....................................................... 113
3:6  The Conversion of elephant Nāḷāgīrī .......................... 115

3:7  Noteworthy Facts of the Paritta ................................. 116

3:8  The preliminaries required for a person who is going to practise
    meditation on Mettā .................................................. 119

3:8:1  Sakko (An able One) ........................................... 122

3:8:2  Uju (An honest one) ........................................... 123

3:8:3  Suhuju (A noble-minded and honest one) .................124

3:8:4  Suvaco (Amenable to admonition One) ....................... 125

3:8:5  Mudu (A humble, gentle person) ............................... 126

3:8:6  Anatimāni (A humble person without haughtiness) .... 127

3:8:7  Santussako (A contented person) ............................. 127

3:8:8  Subharo (Easily fostered person) ............................. 129

3.8.9  Appakicco (One with few impediments) .................... 130

3:8:10  Sallahuka vutti (One who lives sparingly) ............... 131

3:8:11  Santindriyo (One keeps his faculties stabilized) .... 132

3:8:12  Nipako (One has well-rounded intelligence) ........... 133

3:8:13  Appagabbho (A person is cultured bodily, verbally and
    mentally) ................................................................. 134

3:8:14  Kulesvananugiddho (One has not too strong attachment
And fetter) ................................................................. 136

3:8:15 Na ca khudda mācare kiñci yenaviṇṇūpare upa vadeyyuṁ

(One must not commit evils blamed by the wise) ........... 137

3:9 Mettā meditation method of practice according to Visuddhimagga ......................................................... 138

3:10 The person not to receive Mettā first ....................... 139

3:11 Those who should not be disseminated with Mettā and those

Who should not be aimed at with Mettā ...................... 139

3:12 Reasons for the influence of Metta Sutta on people of Burma ...

..................................................................................... 140

3:13 Metta Sutta and Burma ............................................. 143

3:14 Metta Sutta and its influence on other Buddhist countries ... 145

3:15 Different practices in the recitation of Metta Sutta ........... 147

3:16 Methodical practice .................................................. 149

3:17 As practiced without insight into the Four Noble Truths .... 150

3:18 As practiced with insight into the Four Noble Truths ........ 151

3:19 Story of Visākha Therī ................................................ 153

3:20 The manner of developing Mettā by Ashin Subuti ........... 157

3:21 The Story of Uttarā the Lay-Disciple ......................... 158
CHAPTER (IV) The Blessings of Mettā ................................. 162-205

4:0  Introduction ......................................................... 162
4:1  The Blessings of Mettā ........................................... 162
4:2  The eleven benefits of Mettā .................................. 166
4:3  The Benefits of Mettā in Saṁyuttanikāya ................. 172
4:4  The Benefits of Mettā in Aṅguttaranikāya ............... 173
4:5  Cultivating loving-Kindness .................................. 175
4:6  Prayers in the Buddhist Tradition ............................ 178
4:7  Buddhism and Prayers ............................................. 178
4:8  Prayers in the Theravāda Tradition ......................... 183
4:9  The blessings gained by the cultivation of Mettā Pritta ... 188
4:10 The blessings gained by the power of Loving-kindness .... 189
4:11 The need and the relevance of practicing Loving-kindness . 190
4:12 Prayers in the Mahāyāna Tradition .......................... 192
4:13 Prayer in Pure Land Buddhism ................................. 196
4:14 Prayers in the Tibetan Buddhist Tradition ................. 198

CHAPTER (V) Relevance of the advanced practices of Mettā in the global society ................................. 206-257

5:0  Introduction ............................................................. 206
5:1 The Ethics of Mettā ............................................. 206
5:2 The Psychology of Mettā ................................. 210
5:3 Meditation on Mettā ..................................... 215
5:4 Why to meditate the purpose of Meditation ....... 231
5:5 What Is Meditation ....................................... 231
5:6 The Noble Eightfold Path and Meditation .......... 232
5:7 How to Develop Concentration ....................... 236
5:8 How to cultivate Mindfulness-of-Breathing ......... 236
5:9 How to Balance the Five Controlling Faculties .... 243
5:10 How to adopt the Seven Factors of Enlightenment 247
5:11 How to attain Jhāna ..................................... 249
5:12 Loving-kindness (Mettā) and the world today .... 252

CONCLUSION ......................................................... 258-261

BIBLIOGRAPHY ...................................................... 262-266

Primary Sources .................................................... 262
Secondary Sources .................................................. 264