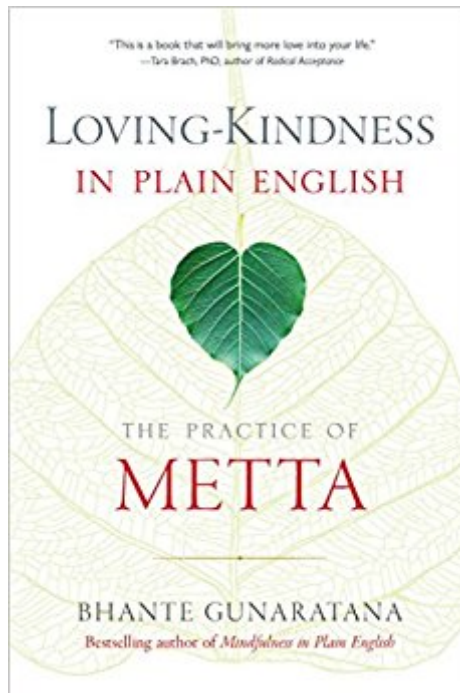




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# **Loving-Kindness In Plain English: The Practice Of Metta**



## Synopsis

The bestselling author of *Mindfulness in Plain English* invites us to explore the joyful benefits of living with loving-kindness. With his signature clarity and warmth, Bhante Gunaratana shares with us how we can cultivate loving-kindness to live a life of joyful harmony with others. Through personal anecdotes, step-by-step meditations, conversational renderings of the Buddha's words in the suttas, and transformative insights into how we live in and relate to the world, we learn that peace here and now is possible—within ourselves and in all our relationships. Bhante G speaks directly to how we can cultivate loving-kindness to find emotional clarity, overcome anger, and become more peaceful—both on and off the meditation cushion.

## Book Information

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## Customer Reviews

In lucid, accessible prose, Gunaratana (*Mindfulness in Plain English*) introduces readers to the practice of metta, or loving-kindness meditation...Gunaratana's newest is a clear and excellent introduction and should be considered a standard manual for metta practice. • (Publishers Weekly) This beautiful book not only expertly guides us in cultivating loving-kindness, it is the transmission of an awakened heart. Bhante G, as he is affectionately called, is a true master, and his deep wisdom and love flow through his words into our hearts. Written with great lucidity, and filled with accessible, powerful teachings and practices, *Loving-Kindness In Plain English* is a book that will bring more love into your life. • (Tara Brach, PhD, author of *Radical Acceptance* and *True Refuge*) In *Loving-kindness in Plain English* Bhante Gunaratana provides a clear and thoughtful elucidation of the Karaniya Metta Sutta, as well as other discourses that give

guidance on practicing metta (lovingkindness). All of this will delight the reader who is interested in better understanding the traditional texts. Bhante Gunaratana also offers beautiful stories from his own life that illustrates the power and benefits of metta practice. There's something here for everyone. • (Sharon Salzberg, author of *Lovingkindness* and *Real Happiness*) • This latest installment in the *In Plain English* series offers a straightforward and simple introduction to loving-kindness. Loving-friendliness, as the author prefers to call it, is more than a meditation practice; it is an attitude, a gift, and a way of peace. The humility and benevolence that pervades the stories makes this little book easy to understand, and instructive for living a good life. It is a joy to read! • (Shaila Catherine, author of *Focused and Fearless* and *Wisdom Wide and Deep*)

Bhante Gunaratana was ordained at the age of twelve as a Buddhist monk in Sri Lanka, earned his PhD in philosophy from The American University, and has led meditation retreats, taught Buddhism, and lectured widely throughout the United States, Canada, Europe, and Australia. He is the president of the Bhavana Society in High View, West Virginia, where he lives. He is the author of the bestselling *Mindfulness in Plain English* and *Eight Mindful Steps to Happiness*. Bhante Gunaratana lives in High View, West Virginia.

I tried one of his first books, *Mindfulness in Plain English*, and liked it a lot. That book helped me understand a lot about myself and my behaviors. After practicing insight meditation, I would feel relieved and less stressed out, but not really "better" more of a how to manual about understanding behaviors. With this book, I feel that I have a complimentary practice with my mindfulness. Metta practice, or practicing, loving kindness to all beings (starting with yourself, then growing your circle to encompass your family and friends. Advanced practice helps you love neutral strangers and people who are challenging in your life. After a few sessions, I would feel a warm and gushy feeling emanating from my chest. After about a week of daily practice (15 minutes - 1 hour), I started feeling pretty good about myself. After two weeks of diligent practice, I noticed little things in my life "falling into place." It's easy to slip back to normal habits, but with some practice, I'm able to practice "equanimity" as challenging situations are arising. If you want to understand reality a bit differently, or just to feel good about yourself as you are now, then buy this book. You'll be a stronger, happier person for it. You might even start attracting positive, kind people into your life. We could all use that.

A most beautiful book on the teachings and practice of Metta-loving kindness, by an extraordinary

teacher of our time- Bhante Henepola Gunaratana

Loving-kindness (also known as loving-friendliness) is a form of Buddhist meditation. Metta is the practice of feeling and extending love to yourself, to your friends, to your enemies, and to all beings. I first learned about Metta a few months ago and firmly believe that engaging in this practice will make our world a kinder place. This book describes Metta as a practice, including examples from Buddhism and from the author's life. You start the meditation by offering Metta to yourself. Here's what you say: "May my mind be full with loving-friendliness, compassion, appreciate joy, and equanimity. May I be generous. May I be gentle. May I be grateful. May I be relaxed. May I be happy and peaceful. May I be healthy. May my heart become tender. May my words be pleasing to others." The next step is to offer this meditation to people you love, to neutral beings, to difficult people, and to all beings. The author, a Buddhist monk, describes the benefits of loving-kindness. He also provides many examples of practicing loving-kindness from both his life and from Buddha. Although Metta is a Buddhist practice, it can just as easily be seen as a form of prayer or a secular meditation. It is a lovely alternative to the hatred and divisiveness that I see happening in our country.

Wonderful Book

Great simple text on the topic!

Superb!

Not Bhante G's strongest work. This feels more like an edited transcription of various talks. It feels a bit disjointed.

Wonderful, very encouraging!

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