

EMBODIED SELF-METTĀ PRACTICE

1. Part One – Locate a Place in the Body Where Mettā is Received

- a. Bring to mind a beloved from whom you find it easy to receive mettā (best if not romantic interest);
- b. Let yourself receive the beloved's mettā.
- c. Locate a place somewhere in your body where you receive the beloved's mettā;
- d. Then, let the beloved and their love move off to the side, leaving behind a memory where mettā was received.

2. Part Two – Locate a Place in the Body Where Mettā is Generated

- a. Bring to mind a beloved towards whom you find it easy to give mettā (may be the same beloved in Part One; best if not romantic interest);
- b. Generate mettā for this beloved.
- c. Locate a place in the body where mettā is generated;
- d. Then, let this beloved move off to the side, leaving behind the generated mettā.

3. Part Three -- Generate and Receive Embodied Self-Mettā

- a. Remember the place in the body where mettā was received from Part One;
- b. Send the mettā you just generated in Part Two there;
- c. Continue to generate and receive embodied self-mettā.