



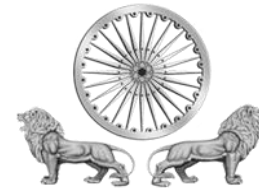
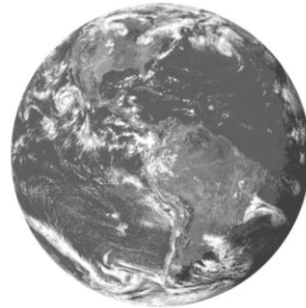
Buddha Meditation
Centre Nicosia

BuddhistNicosia.org

No 1, Androkleous Street
1060 Nicosia

+357 964 11371

LOVING-KINDNESS
MEDITATION
&
THE BENEFITS OF
LOVING-KINDNESS
MEDITATION



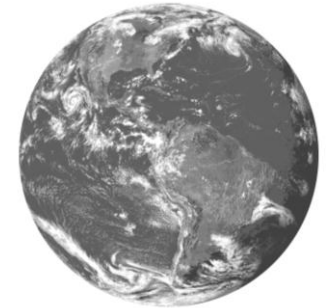
Buddha Meditation
Centre Nicosia

BuddhistNicosia.org

No 1, Androkleous Street
1060 Nicosia

+357 964 11371

LOVING-KINDNESS
MEDITATION
&
THE BENEFITS OF
LOVING-KINDNESS
MEDITATION



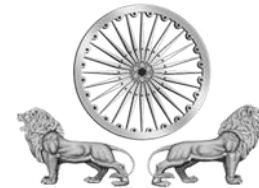
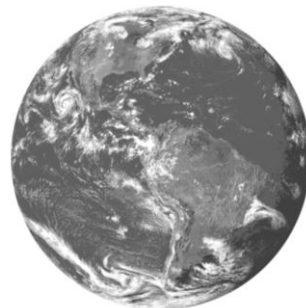
Buddha Meditation
Centre Nicosia

BuddhistNicosia.org

No 1, Androkleous Street
1060 Nicosia

+357 964 11371

LOVING-KINDNESS
MEDITATION
&
THE BENEFITS OF
LOVING-KINDNESS
MEDITATION



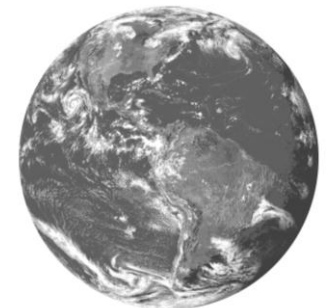
Buddha Meditation
Centre Nicosia

BuddhistNicosia.org

No 1, Androkleous Street
1060 Nicosia

+357 964 11371

LOVING-KINDNESS
MEDITATION
&
THE BENEFITS OF
LOVING-KINDNESS
MEDITATION



May I be free from anger.
May I be free from ill will.
May I be free from jealousy.
May I be free from mental suffering.
May I be free from physical
suffering.
May I live in peace. May I live
happily.

May I be free from anger.
May I be free from ill will.
May I be free from jealousy.
May I be free from mental suffering.
May I be free from physical
suffering.
May I live in peace. May I live
happily.

May I be free from anger.
May I be free from ill will.
May I be free from jealousy.
May I be free from mental suffering.
May I be free from physical
suffering.
May I live in peace. May I live
happily.

May I be free from anger.
May I be free from ill will.
May I be free from jealousy.
May I be free from mental suffering.
May I be free from physical
suffering.
May I live in peace. May I live
happily.

Benefits of Loving-Kindness Meditation (AN 11:15)

1. One sleeps well.
2. One wakes in comfort.
3. One has no evil dreams.
4. One is dear to human beings.
5. One is dear to non-human beings.
6. The deities protect one.
7. Neither fire, nor poison nor
weapon can affect one.
8. One can concentrate the mind
quickly.
9. One's facial complexion is serene.
10. One dies without any confusion.
11. If one does not attain a higher
stage of enlightenment, one will
be reborn in the brahma world.

Benefits of Loving-Kindness Meditation (AN 11:15)

1. One sleeps well.
2. One wakes in comfort.
3. One has no evil dreams.
4. One is dear to human beings.
5. One is dear to non-human beings.
6. The deities protect one.
7. Neither fire, nor poison nor
weapon can affect one.
8. One can concentrate the mind
quickly.
9. One's facial complexion is serene.
10. One dies without any confusion.
11. If one does not attain a higher
stage of enlightenment, one will
be reborn in the brahma world.

May I be free from anger.
May I be free from ill will.
May I be free from jealousy.
May I be free from mental suffering.
May I be free from physical
suffering.
May I live in peace. May I live
happily.

May I be free from anger.
May I be free from ill will.
May I be free from jealousy.
May I be free from mental suffering.
May I be free from physical
suffering.
May I live in peace. May I live
happily.

May I be free from anger.
May I be free from ill will.
May I be free from jealousy.
May I be free from mental suffering.
May I be free from physical
suffering.
May I live in peace. May I live
happily.

May I be free from anger.
May I be free from ill will.
May I be free from jealousy.
May I be free from mental suffering.
May I be free from physical
suffering.
May I live in peace. May I live
happily.

Benefits of Loving-Kindness Meditation (AN 11:15)

1. One sleeps well.
2. One wakes in comfort.
3. One has no evil dreams.
4. One is dear to human beings.
5. One is dear to non-human beings.
6. The deities protect one.
7. Neither fire, nor poison nor
weapon can affect one.
8. One can concentrate the mind
quickly.
9. One's facial complexion is serene.
10. One dies without any confusion.
11. If one does not attain a higher
stage of enlightenment, one will
be reborn in the brahma world.

Benefits of Loving-Kindness Meditation (AN 11:15)

1. One sleeps well.
2. One wakes in comfort.
3. One has no evil dreams.
4. One is dear to human beings.
5. One is dear to non-human beings.
6. The deities protect one.
7. Neither fire, nor poison nor
weapon can affect one.
8. One can concentrate the mind
quickly.
9. One's facial complexion is serene.
10. One dies without any confusion.
11. If one does not attain a higher
stage of enlightenment, one will
be reborn in the brahma world.

Loving-kindness meditation can be practiced in four postures: walking, standing, sitting, and lying down. At first, you may say the words of the meditation softly and then meditate silently.

May all beings **in this place**
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May they live in peace.
May they live happily.

May all beings **in this city**
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May they live in peace.
May they live happily.

Loving-kindness meditation can be practiced in four postures: walking, standing, sitting, and lying down. At first, you may say the words of the meditation softly and then meditate silently.

May all beings **in this place**
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May they live in peace.
May they live happily.

May all beings **in this city**
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May they live in peace.
May they live happily.

Loving-kindness meditation can be practiced in four postures: walking, standing, sitting, and lying down. At first, you may say the words of the meditation softly and then meditate silently.

May all beings **in this place**
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May they live in peace.
May they live happily.

May all beings **in this city**
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May they live in peace.
May they live happily.

Loving-kindness meditation can be practiced in four postures: walking, standing, sitting, and lying down. At first, you may say the words of the meditation softly and then meditate silently.

May all beings **in this place**
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May they live in peace.
May they live happily.

May all beings **in this city**
... be free from anger.
... be free from ill will.
... be free from jealousy.
... be free from mental suffering.
... be free from physical suffering.
May they live in peace.
May they live happily.

