

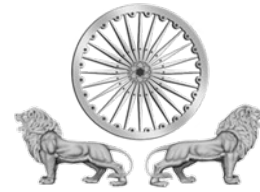
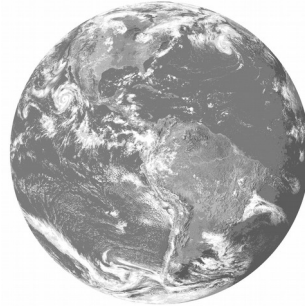
LOVING-KINDNESS
MEDITATION
&
THE BENEFITS OF
LOVING-KINDNESS
MEDITATION

Buddha Meditation Centre
Winnipeg
Mahamevnawa Buddhist Monastery

BuddhistWinnipeg.org
info@buddhistwinnipeg.org
204-881-5094

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Winnipeg, MB, R2N 4A2

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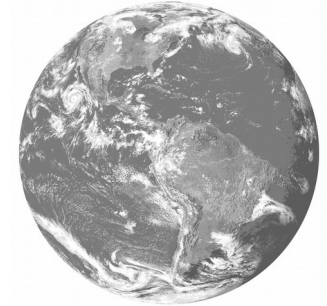
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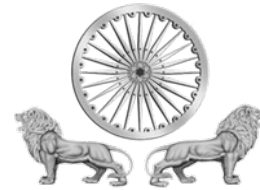
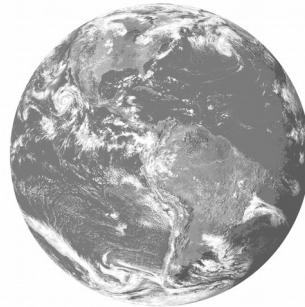
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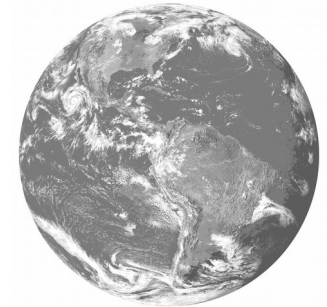
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May I be free from anger.
May I be free from ill will.
May I be free from jealousy.
May I be free from mental suffering.
May I be free from physical suffering.
May I live in peace. May I live happily.

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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.

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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.
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May they live in peace.
May they live happily.

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May they live in peace.
May they live happily.

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