

The background features a vibrant pink-to-red gradient. On the left side, there are several stylized hearts of various sizes, some overlapping, and diagonal rays of light emanating from the top left corner, creating a sense of warmth and positivity.

11 Benefits of Loving- Kindness

Mettānisaṃsa Sutta

AN 11.15

11 Benefits of Loving-Kindness, AN 11.15

Sleep Well

11 Benefits of Loving-Kindness, AN 11.15

Wake Well

11 Benefits of Loving-Kindness, AN 11.15

No Nightmares

11 Benefits of Loving-Kindness, AN 11.15

People Love You

11 Benefits of Loving-Kindness, AN 11.15

Non-humans Love You

11 Benefits of Loving-Kindness, AN 11.15

Gods Protect

11 Benefits of Loving-Kindness, AN 11.15

Fire, Poison
& Weapons
Can't Hurt

11 Benefits of Loving-Kindness, AN 11.15

Concentrate Quickly

11 Benefits of Loving-Kindness, AN 11.15

Face Is
Serene

11 Benefits of Loving-Kindness, AN 11.15

Die Without Confusion



11 Benefits of Loving-Kindness, AN 11.15

If you aren't enlightened...
**Reborn in the
Brahma World**



11 Benefits of Loving-Kindness, 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. Fire, poison, & weapons can't 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 doesn't attain a higher stage of enlightenment, one will be reborn in the brahma world.

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11 Benefits of Loving- Kindness

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