



Metta Round the World

3 EASY STEPS to fulfilling your commitment

Step 1:

Allocate at least 15 minutes for metta meditation or reciting of mantras or prayers

Get started by sitting in a comfortable and quiet location

You can choose to do metta meditation or recite the Great Compassion mantra or any other suitable prayer or mantra of choice

You may want to follow Bhante Mahinda's recorded metta meditation guide.

Or you may want to follow Great Compassion mantra chanting.

Step 2:

Practice frequency is:

- one-day a month – Full Moon days — between January and April 2012;
- daily on Vesak Month between 21 April and 21 May 2012; and
- a specific time on Vesak Day of 5 May 2012 to be advised

Step 3:

Upon completion of practice:

- Dedicate merits for peace, harmony and stability in the world
- Cherish the thought that may all suffering beings be free from suffering; may those in sorrow be free from sorrow, and may those in fear and danger be free from fear and danger
- Make the aspiration that may we all evolve from light to light and work for the welfare and happiness of the many. May all beings be well and happy.