



METTA ROUND THE WORLD

Frequently Asked Questions

Why the Metta Round the World initiative?

Dramatic changes are taking place around us, with or without our knowledge. Information about the global situation, including predictions and warnings for 2012 and beyond are increasing day by day.

These information are meant to prepare us to face the challenges ahead, and to wake up to the realities of life and the world around us. According to the sayings of the Buddha in the first verse of the Dhammapada:

MANO PUBBANGAMĀ DHAMMĀ...

Mind is the forerunner of all phenomena...

As such, we need to harness all our positive mental energies with one heart and mind through meditation and prayer for peace, harmony, and stability in the world.

Our efforts, individually and collectively, will make a difference.

It is with this in mind that Metta Round the World was initiated by Bhante Mahinda, the Founder and Spiritual Director of Aloka Foundation.

DHAMMO HAVE RAKKHATI DHAMMACĀRI

The Dhamma protects one who lives according to the Dhamma

Read more at <http://mettaroundtheworld.org/about-us/what-is-mrtw/>

Who is the organizer of Metta Round the World?

Aloka Foundation. Aloka Foundation is a non-profit organisation incorporated in 2002 under the Malaysian Companies Act, 1965 to establish and operate retreat centres and carry out activities to promote educational, humanitarian and spiritual activities for the well being and happiness of all Malaysians regardless of ethnicity, creed, and belief.

Aloka Foundation's initial project was the establishment of Alokarama, an eco-holistic retreat centre located on a 22-acre orchard near Asahan in Tampin district at the south-eastern corner of in Negeri Sembilan and bordering the state of Johore and Malacca. Since its completion on 2006, Alokarama has been the host venue for many healthy mind and body weekend retreats and workshops.

Other Aloka Foundation projects that have brought a multitude of benefits to many include :-

- ALERT (Aloka Emergency Readiness Team) which is focused on preparing the community physically, psychologically, and spiritually in facing and managing crises,
- Medical Aid, notable for Medical Camps that benefited 250 residents of Kampung Mesilau in Kundasang, Sabah in 2010 and 700 residents in 19 villages in Kg. Karagasan in the interiors of Sabah in 2011

- Green Thumbs that promotes planting of herbs and the greater awareness of their medicinal value as well as the cultivation of vegetables and crops to sustain and nourish
- Good Heart that is dedicated to compassionate care in providing assistance and spiritual support to elders and friends
- Education which focuses on holistic education to develop peace loving, well rounded and confident individuals.

For further information, visit <http://alokafoundation.org>

Who is Bhante Mahinda?

Bhante Mahinda, who founded Aloka Foundation, is also the Spiritual Director of the Foundation.

Born in 1949 to a Chinese Peranakan family in Malacca, Malaysia, Bhante Mahinda was ordained in 1976 under the tutelage of the late Venerable Dr K Sri Dhammananda Nayaka Thera. He undertook basic Buddhist studies and training in Sri Lanka and practical Buddhist meditation under several masters in Sri Lanka, India, Burma and Thailand. He has travelled to more than 30 countries to spread the peace message of the Buddha.

Since 1976, Bhante Mahinda has been conducting the annual Novitiate Programme at the Buddhist Maha Vihara in Brickfields, Kuala Lumpur every year for 31 years. In 2007, he began conducting the annual Novitiate Programme in the Buddhist's holy sites in India/Nepal. The first Aloka Noviate was organised in Lumbini in November/December 2007 followed by Bodhgaya in 2008, Sarnath in 2009 and 2010 in Kushinara and extended to Sravasti before ending in Lumbini, Nepal.

In addition to Novitiate Programmes, Bhante Mahinda, assisted by Sister Sumitra, has also been conducting meditation retreats in Kuala Lumpur, Penang, Alokarama in Tampin District, Singapore, Hong Kong and Australia.

Bhante Mahinda is also Spiritual Advisor to the Buddhist Missionary Society Malaysia (BMSM) and several other Buddhist organisations in East and West Malaysia.

What is metta?

Metta in Pali or *Maithri* in Sanskrit means "loving-kindness" or "boundless love" – love that is unconditional and without boundaries.

Metta, the universal dharmic principle which upholds peace and happiness, is a positive and powerful healing force that transmutes the negative and chaotic energies in the world.

Practised together with wisdom and insight, *Metta* will transform us all into a caring, compassionate and sustainable community.

Read more at: <http://mettaroundtheworld.org/getting-involved/what-is-metta/>

How will metta meditation help? How do you know whether this initiative will make a difference?

Metta is a wish for all sentient being to be well & happy. It is an antidote for anger, hatred, mistrust, etc. There are so much anger, hatred, mistrust, etc in the world today. Over the last 12 months, the number of protests, demonstrations and marches by citizen around the world indicate that these anger, hatred and mistrust, etc, is growing day by day.

Quote from the article: The Power of the Collective (June – August 2007 No. 15 / Shift: At the Frontiers of Consciousness) by John Hagelin, a world-renowned quantum physicist, educator, public policy expert and leading proponent of peace:

“Since meditation provides an effective, scientifically proven way to dissolve individual stress, and if society is composed of individuals, then it seems like common sense to use meditation to similarly defuse societal stress.”

Hagelin conducted an experiment in Washington DC in 1993 by bringing a large number of meditators to one area in summer between Jun and July in which crime rate usually rise in co-relation with the temperature.

When the number of meditators reached 2,500 and grew to 4,000, noticeable was the distinct significant drop in crime compared to expected rates based on previous data, weather conditions and a variety of other factors.

“It was only a few thousand people in a city of about a million and a half. So, a relatively small group was influencing a much larger group. That is what is so fascinating ...” said Hagelin.

Read the article at: <http://istpp.org/pdf/Shift-PoweroftheCollective.pdf>

How do you intend to connect around the world?

Everyone from anywhere in the world will connect in Metta meditation with one heart one mind for world peace, harmony and stability; either as an individual or group; at home, at meditation centre, at temple or any place that is conducive for a quite sitting. Everyone include Metta Round the World Participants (MP), MP’s relatives & friends and Friends of Aloka Foundation not limited to Buddhists or Buddhist organizations, irrespective of religion, creed or beliefs.

We use internet as tools to reach out globally:

Website: <http://www.mettaroundtheworld.org> and

Facebook: <https://www.facebook.com/MettaRoundTheWorld?ref=ts>.

How will you keep in touch with participants?

Via Metta Round the World Website under Latest News (<http://mettaroundtheworld.org/blog/>), newsletters and direct e-mailing. You may email your queries, suggestions and comments or share your stories at radiate@mettaroundtheworld.org

Any cost to join?

No. Just 15 minutes of your time:

Occasion	Date	Time	Location	Duration of Metta Meditation
Full Moon	8 Jan 2012 6 February 2012 7 March 2012 5 Apr 2012	At a time of your convenience	At anywhere of your convenience	15 minutes or longer
Vesak Month	21 Apr ~ 21 May 2012			
Vesak Day**	5 May 2012	GMT 01:00		

** Vesak Day, 5 May 2012 (according to Malaysian calendar), at 9:00 am (Malaysian time) or GMT 01:00.

Check your location time at: <http://mettaroundtheworld.org/2012/03/one-time-one-world-one-metta/>

Or visit: http://www.worldtimeserver.com/convert_time_in_MY.aspx

Why full moon day?

Outstanding events connected with the life of Lord Buddha took place on full moon days and many other important events associated with His life-span of eighty years, occurred on full moon days.

Buddhists all over the world have a high regard for full moon days. We celebrate this day with religious fervor by observing precepts, practising meditation and by keeping away from the sensual worldly life. On this day we direct our attention to spiritual development.

Read more at <http://mettaroundtheworld.org/2012/02/why-full-moon-days/>

Why Vesak month?

Vesak month is the most significant month in the Buddhist calendar. By having daily metta session during the Vesak month, we will be bringing the practice of metta to another level, harnessing all our positive mental energies with one heart and mind for peace, harmony, and stability in the world.

Our efforts, individually and collectively, will make a difference.

Why minimum 15 minutes?

As most people lead a very busy life, setting aside 15 minutes can be easily achieved. This will encourage the practice of meditation. Hopefully, people will see the positive results from just a 15 minutes metta practice, thus will make it a daily practice and/or longer session. As more and more people practice, and make it a way of life, the collective power can then be seen more significantly.

Read more at <http://mettaroundtheworld.org/2012/03/i-fear-commitment/>

What if I forgot to meditate on Full Moon day?

If you have registered at a Metta Round the World Participant, we will send reminder before Full Moon day. If for any reason whatsoever, you are unable to meditate on Full Moon day, you may meditate a day or two before or after full moon day.

Read more at <http://mettaroundtheworld.org/2012/03/i-fear-commitment/>

What if I cannot meditate everyday during Vesak month?

It is alright that there may be days that you may miss out. Just put in double the time the next day to make up for it. What is important is one puts in the practice.

Read more at <http://mettaroundtheworld.org/2012/03/i-fear-commitment/>

Can non-Buddhist participate?

Yes, metta is the wish for all sentient being to be well and happy. It is a meditation on loving kindness and compassion. This cultivation is for a universal quality which any persons would benefit from; irrespective of religion, creed or beliefs.

If I do not know meditation, can I participate? How?

Yes, you can use the metta meditation guide provided in the Metta Round the World website or you can recite the Great Compassion mantra or any other suitable prayer or mantra of choice and thereafter do the dedication and share merits for the well beings of the many.

Download Bhante Mahinda's guided metta meditation & dedication at:
<http://mettaroundtheworld.org/downloads/>

Can you give some suggestions on what mantras/sutta I can chant?

You can recite the Great Compassion mantra or any other suitable prayer or mantra of choice with the intention of promoting loving kindness and compassion.

Visit our download page <http://mettaroundtheworld.org/downloads/>

Must I register to participate?

Yes, once you register, it will be reflected as a light in the website world map plus our running counter, hence create a 'wave' of metta across the world to inspire and encourage others to join.

As at 27 March 2012, we have 735 metta participants.

Click here to see the world map and latest numbers: <http://mettaroundtheworld.org/members/>

Will you be using my e-mail address for other purposes?

No. Privacy is important to us; therefore, we will not sell, rent, or give your name or address to anyone.

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