



Metta Meditation – Satsang with Vishrant

Seeker: Can you explain the metta meditation again?

Vishrant: That's a clearing meditation. Metta is a beautiful meditation. The way to start it is to work with yourself first rather than others so you can feel your own darkness, density, pain or hurt and you feel that and you draw it into your heart with the inward breath, and on the outward breath breathe out from the heart all the good feelings you have. Because the heart is like a transformer, it transforms density and pain into love so you're actually using your mind as a visualising machine at this stage to do the Metta meditation. After a while it just happens that you start breathing in pain and breathing out love, but in the beginning it's using the mind and its ability to manifest and imagine. You imagine your own pain in your heart and the breathing out of love and beauty. And then when you feel relatively clear with that then you start to, say for someone you know who's in pain or is sick, you breathe in their pain and sickness into your heart and you breathe out love to them.

The Tibetan Buddhists go a little further. They have a practice similar to Metta called the Tonglan practice. In the Tonglan practice you breathe in all the other's suffering into your heart and give all your good karma and all your good feelings to them. You take all their bad stuff and give all your good stuff, and what this does is it just opens you and opens you and gets you out of self-obsession, which is the greatest cause of suffering that there is. Because you're really just there for the other you no longer are there for yourself. So, the Metta meditation and the Tonglan practices are both practices of the bodhisattva and the bodhisattva is there for the other, not for self. Self-obsession is out the window. This is a beautiful way, the way of the heart, because self-obsession causes so much pain and is not a beautiful way of living this life.
