

## Radiating Metta

***I will abide pervading one quarter with a mind imbued with loving-kindness;  
likewise the second, likewise the third, likewise the fourth;  
so above and below, around and everywhere; and to all as to myself.***

***I will abide pervading the all-encompassing world with a mind imbued with loving-kindness;  
abundant, exalted, immeasurable, without hostility, and without ill will.***

- posture, body, breath, settling, earth support
- softening - simplifying - releasing
  
- allow awareness, attention to rest in the area of where we might experience the heart center
- maybe even place hand there -
- breathe, softly into center of heart - feeling sensitivity
  
- image of little fire, furnace, coals, flower, golden ball of light, campfire
- something that represents for you energy of metta
- feeling energy expanding, radiating out to the front
  - from the heart center - as far as it naturally wants to be allowed to emanate
  - the intention to include all living beings - seen and unseen
- returning awareness to heart center - allowing warmth to add to this heart center
- allowing to expand to the right
- radiating behind
- to the left
- directly above
- directly below
- equally in all directions