

# Metta in Motion

Imagine a still pond and a beautiful ripple moving from the centre, emanating out to all reaches of the vast shoreline...



This Buddhist meditation of Loving Kindness has been paired with movement. It is profoundly powerful with asana connection but is also full and rich experienced in other motion or wonderfully still. Balance our own selves to serve others.

The concept is to bring awareness of love, peace and happiness to all beings. We begin with ourselves, to a leader in our life, to a family member, to a neutral person, to a person of confrontation in our life, to all sentient beings everywhere.

Using sun shiny eh, this is how we can complete Metta in Motion:

The original Metta in Motion can use six salutations and the inhale is the time we repeat the words within our mind or out loud for resonance.

- 1 I
- 2 They (leader / spiritual teacher)
- 3 They (family / friend)
- 4 They (neutral)
- 5 Name (someone in conflict / challenge with you)
- 6 All Beings

Remember to remember

Each breath in is new; every exhale may let go! Release.

“Stay open to the nature that connects us all” Eoin Finn

*\* See his version of this beautiful Metta Physical on his DVD set The Blissology Project: Bliss Weekend, spectacularly set in Bali! Pure nectar!*



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May I be filled with loving kindness



May I be well



May I be peaceful and at ease



May I be Happy



OM!

