

Metta Practice for the Sick and Dying

(from Joan Halifax, Being with Dying course manual)

All our lives our innate wisdom tells us to let go, to relax, to relinquish unwise efforts to control. Our culture, conditioning, and personal history usually tell us to hold on, to attempt to cling to people, experiences and accomplishments in order to be happy. Many times our lives are spent in a battle between our innate wisdom and the culture's message about clinging and control. Dying is above all, the time to turn to, trust and rest in the voice of truth within us.

Take a comfortable position. Bring your attention to your breath, if you can. Feel the meaning of what you are saying, yet without trying to force anything..let the practice carry you along.

May I accept my pain, without thinking it makes me bad or wrong

May I remember my consciousness is much vaster than this body, as I let go of this body

If I have hurt or harmed anyone, intentionally or unintentionally, I ask their forgiveness. If anyone has hurt or harmed me, intentionally or unintentionally, I freely forgive them. Finally, I forgive myself for mistakes made, or things left undone

May all those I leave behind be safe, be happy, be peaceful

May all beings everywhere be safe, be happy, be peaceful

May my love for myself and others flow boundlessly

May the power of loving kindness sustain me

May I open to the unknown, as I leave behind the known, like a bird flying freely

May I accept my anger, fear and sadness, knowing that my vast heart is not limited by them

May I be free of danger, may I be peaceful

May I be peaceful and happy, at ease in body and mind

May I be free from anger, fear and worry

May I live and die in ease