

Brother Teoh's Nov 26th 2019 Tuesday Class Short Notes

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Book Review: The BUDDHA & his TEACHINGS

Chapter 42: **THE FOUR SUBLIME STATES (BRAHMA VIHARA)** - Page 615

1. METTA – LOVING KINDNESS, BENEVOLENCE, UNIVERSAL LOVE – is the first of the 4 Sublime States of Virtuous mind states. Also known as the 4 illimitable (Appamanna). They are virtues of Brahma beings.

2. Metta means that which softens one's heart. It is the **sincere wish** for the welfare and genuine happiness of ALL beings **without exception**, just as a mother who **would protect** her ONLY child, even at the **risk of losing her life**. It is **not** the **passionate love** of the mother towards her child that is **stressed here** but her **sincere wish** for the **genuine welfare** of her child.

SWEET METTA transcends all kinds of narrow Brotherhood, it is limitless in scope and range.

REAL METTA is Boundless love towards all beings as well as Oneself equally, making no difference between others and Self.

3. ADVICE by Buddha: **Hatred do not cease with Hatred, but with LOVE alone.** Metta can conquer Anger, Ill will and aversion. A person with metta do not think of harming or condemning others, nor instil fear in Others.

4. Selfish Affection can turn into LUST. One must be wary of that. This is not to be mistaken for the Natural affection between parents and children or spouses. Grief springs from Affection but not metta.

5. Metta can be a very powerful virtue, having good influence on Others. An example is when Buddha radiated metta to subdue a drunken Elephant who was attacking him. In another case, Buddha advised that even when one's 4 limbs are cut off by bandits, one should not bear any hatred.

6. Benefits of cultivating Metta:

- 1) One sleeps and wakes up happily.
- 2) One has no bad dreams
- 3) Is loved by Others and animals
- 4) immune from poisons
- 5) protected by Deities
- 6) can quickly get into Samadhi
- 7) Have beautiful facial appearance that gladdens others hearts
- 8) Die peacefully and be reborn into a blissful state
- 9) Gain Magnetic power and influence

7. Metta Meditation

We radiate love towards oneself first, to be well and happy, free from harm and danger, free from suffering, fear, worry and anger. After radiating these positive thoughts, we can then radiate to our dear ones, individually and collectively. Next, we radiate to a neutral person, then to our enemy or someone we dislike. Lastly, to all beings within our vicinity, country and worldwide.

8. We can **visualise** our **own radiant smile** in a mirror and **see everything** with **genuine love and joy.**

We can radiate metta to beings in all the 10 directions. We must have metta in our hearts so that
We can radiate this metta force outwards from there.

(Above draft short notes is by Sister Yoon Chun).