

# Download Loving Kindness Plain English Practice Metta

The bestselling author of Mindfulness in Plain English invites us to explore the joyful benefits of living with loving-kindness. With his signature clarity and warmth, Bhante Gunaratana shares with us how we can cultivate loving-kindness to live a life of joyful harmony with others. A new, four-stage approach to the popular Buddhist practice known as loving-kindness meditation, with the aim of finding unconditional love in our own hearts, in our relationships, and in our perception of the world around us. How to meditate - Stories relating to the practice of meditation. Join the r/meditation IRC channel! Please keep the discussion clean and neutral. One cannot strive for the Sotapanna stage without understanding the true meanings of the three characteristics of nature: anicca, dukkha, anatta.