

Daily Meditations - The Metta Bhavana

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2026-01

Synopsis

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inLanguage	english

Daily Meditations - The Metta Bhavana includes 6 x 13 minute meditations to help develop Metta (loving kindness). With regular practise Metta (loving kindness) can be cultivated and grown (bhavana) into a very strong emotion that has the potential to affect every aspect of your life including your interactions with others. Whilst cultivating loving kindness towards others you will be wishing them well, and in the process you will be changing yourself. You are cultivating the habit of being loving. In time and with practise, this will percolate through into all your actions. These meditation sessions have been devised and narrated by internationally renowned meditation teacher Rae Roberts. Rae has studied and taught meditation globally for over 35 years.

Reader's comments

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