

FIVE ESSENTIAL PRINCIPLES OF METTĀ

1



Morality

- Practice ethical conduct – avoid harming others in thought, word, and deed
- Uphold the Five Precepts and act with respect, honesty, and kindness

2



Faith

- Develop confidence in your path and the possibility of inner growth
- Trust in the qualities of the Buddha, the teachings (Dhamma), and the spiritual community (Saṅgha)

3



Effort

- Persist in cultivating goodness, even when faced with difficulties
- Actively abandon harmful habits, nurture kindness, and pursue wholesome goals

4



Mindfulness

- Stay aware of your thoughts, feelings, and actions in the present moment
- Let mindfulness guard against negativity and guide you toward helpful choices

5



Wisdom

- See things as they truly are – recognize the causes of happiness and suffering
- Use insight to respond compassionately and skillfully in any situation

