

Meditations & Reflections On 'Metta For Your Mind'

With Venerable Mettaji Bhikkhu

Metta is the Buddhist word for the wonderful quality of Kindness & Friendliness.

Metta is the all important quality that is used for conscious, caring connections with others & also towards our self.

The Buddha emphasised the importance of exercising Metta as a healthy and healing balm for our Mind and Heart.

Amidst the stresses & challenges of our contemporary life, Metta is a wonderful psycho- spiritual quality that translates into the biochemicals that are needed for physical health and wellbeing, as well as positive interpersonal interactions in our life.

This half-day meditation retreat offers the opportunity to both appreciate & practice Metta.

And will involve: Metta Meditation Practice, Receiving Teachings & Instruction,

Half Day Retreat

Sunday
14th May 2023
9.30am - 1.00pm

Venue:
11 Double View Road,
Farrants Hill, NSW. 2484

Cost By Dana
(your monetary expression
of generosity for
Teachings & Guidance)
To support Venerable
Mettaji in his travels
here & back to his
monastery in WA.

Register now:
info@wellawareness.com.au

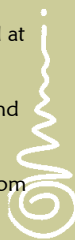


Venerable Mettaji Bhikkhu

An ordained Buddhist Monk of the Theravada Forest Tradition, based at Bodhinyana Forest Monastery Perth WA.

His name – 'Mettaji' comes from a monk in the time of the Buddha and translates as "Victory through Loving Kindness".

Venerable Mettaji brings to his monastic life a wealth of experience from his time as a layperson involved in Corporate Business Life, to living a simple life of service as a monk in the Forest.



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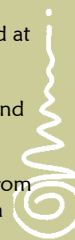


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