

POCKET PARAMIS

# Lovingkindness



“To love is, first of all, to accept ourselves as we actually are. That is why in this love meditation, ‘Know thyself’ is the first practice of love.”

—*Thich Nhat Hanh*

“The quality of lovingkindness is simply who you are. You don’t need a reason to manifest your natural state.

You can develop lovingkindness just because. You can be compassionate just because—not for some profound reason or because the Buddha or the dharma pushes you into it.

You do it because you are able to do it.”

—*Jetsun Khandro Rinpoche*

“In metta practice, it is normal for the doubting mind to pop up and challenge the notion of loving ourselves and others. Don’t let this doubt stop you. It is important to know that metta is not a practice of perfection, but one of cultivation.”

—*JoAnna Hardy*

