Karuna + Metta

1) kamma is the principle of action and consequence

2) to live as an ascetic means to live a strict and simple lifestyle



3) Annica is one of the three marks of existence and means impermanence



4) zen Buddhism is the main type of Buddhism practiced in japan

5) good actions are skilful

Karuna is compassion. It is a compassion that Buddhists show for everyone one earth and themselves; the feeling of concern for their suffering and the efforts made to alleviate that suffering

One of the 4 sublime states, loving-kindness is something that Buddhists aim to perfect in their lives. It is very similar to karuna. However, they are subtly different.

Metta is a general attitude of warmth and kindness, a general desire for everyone to be happy. Karuna, on the other hand, is that desire or attitude put into action

Compassion is the attitude and metta is the action

An example could be recognising someone is struggling (compassion) and actually helping them (loving-kindness)

Metta meditation

This is a type of meditation that is common in Buddhism in order to cultivate metta towards themselves and towards others

It has 5 steps which involve cultivating loving-kindness towards:

1. Yourself
2. A good friend
3. A ‘neutral’ person (someone you come into contact with on a regular basis, but who does not give rise a strong positive or negative emotions
4. A ‘difficult’ person (someone you dislike)
5. All four of these people, gradually followed by everyone else in the world

The order is important because it is important to focus on yourself to make sure you’re happy, then other, in order of how you like them, because you need to focus on the people you like first. This also makes it easier to overcome the dislike because you have been thinking about good people. It works like a gradual increase in hatred and helps the person to be liked.