

MUDITHA BHAVANA-
APPRECIATIVE JOY
MEDITATION
&
THE BENEFITS OF
APPRECIATIVE JOY
MEDITATION



May I live long
May my power increase.
May my beauty increase.
May my pleasure increase.
May my fame increase.
May my praise increase.
May my wisdom increase.

As I wish for myself,
May all beings **in this place**
live long
May their power increase.
May their beauty increase.
May their pleasure increase.
May their fame increase.
May their praise increase.

May their wisdom increase.

May all beings **in this city**
live long

May their power increase.

May their beauty increase.

May their pleasure increase.

May their fame increase.

May their praise increase.

May their wisdom increase.

May all beings **in this**
province live long

May their power increase.

May their beauty increase.

May their pleasure increase.

May their fame increase.
May their praise increase.
May their wisdom increase.

May all beings **in this**
country live long
May their power increase.
May their beauty increase.
May their pleasure increase.
May their fame increase.
May their praise increase.
May their wisdom increase.

May all beings **in this world**
live long

May their power increase.

May their beauty increase.

May their pleasure increase.

May their fame increase.

May their praise increase.

May their wisdom increase.

May **all beings** live long

May their power increase.

May their beauty increase.

May their pleasure increase.

May their fame increase.

May their praise increase.

May their wisdom increase.

Appreciative Joy meditation can be practiced in four postures: walking, standing, sitting, and lying down. At first, you may say the words of the meditation softly and then meditate silently.

Benefits of Appreciative Joy Meditation

- One can eradicate jealousy or envy.
- One can overcome apathy.
- If one does not attain a higher stage of enlightenment, one will be reborn in the brahma world.



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