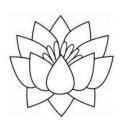
MUDITHA BHAVANA-APPRECIATIVE JOY MEDITATION

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.

can be practiced in four postures: walking, standing, sitting, and lying down. At

Appreciative loy meditation

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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