

Links to my favorite talks on metta, on the dharmaseed and Abhayagiri Monastery websites

1. Donald Rothberg 'Metta Practice as a Path of Awakening', 01/08/2012
<http://dharmaseed.org/teacher/55/talk/15231/>
2. Guided Metta Meditation, by Bhante Buddharakita, 08/30/2011
<http://dharmaseed.org/teacher/203/talk/13776/>
3. In Gladness and Safety, Omitting None, by Sylvia Boorstein, 01/07/2012
<http://dharmaseed.org/teacher/174/talk/15229/>
4. An Afternoon with Sylvia Boorstein, 03/08/2013
<http://dharmaseed.org/teacher/174/talk/18841/>
5. Metta Meditation, 04/19/2012, by Rebecca Bradshaw
<http://www.dharmaseed.org/teacher/143/talk/15875/>
6. Guided Metta Meditation, by Greg Scharf, 0/20/2102
<http://www.dharmaseed.org/teacher/229/talk/15889/>
7. It's really possible!, by James Baraz, 07/10/2102
<http://dharmaseed.org/teacher/86/?search=it%27s+really+possible>
8. Bringing Metta into the World, by James Baraz, 07/22/2011
<http://dharmaseed.org/teacher/86/talk/13503/>
9. Fear and Loving Kindness, by Donald Rothberg, 01/11/2012
<http://dharmaseed.org/teacher/55/talk/15241/>
10. Loving one's enemies, by Donald Rothberg, 02/22/2012
<http://dharmaseed.org/teacher/55/talk/15553/>

11. Cultivating Wholesome States I, by James Baraz, 02/11/2013
<http://dharmafeed.org/teacher/86/talk/18354/>
12. Gratitude in Life, by Mark Coleman, 10/24/2011
<http://www.dharmafeed.org/teacher/115/talk/14213/>
13. Introduction to Loving-kindness meditation, from the Metta Retreat, 9/9/2008, by Ajahn Pasanno
<http://www.abhayagiri.org/audio/introduction-to-metta-meditation>
14. The Discourse on Loving-kindness, 9/10/2008, by Ajahn Pasanno
<http://www.abhayagiri.org/audio/the-discourse-on-loving-kindness>
15. Sutta readings, 9/13/2008, by Ajahn Pasanno
<http://bit.ly/2tF2utH>
16. Metta Retreat 2008 Retreat Talks (entire set), September 7-14, 2008, by Ajahn Pasanno
<http://bit.ly/2sMWZ9u>