

Namo Buddhaya! (Homage to the Buddha)

Appreciative joy Meditation- *Muditha Bhavana*

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.

May all beings in this state, 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.

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 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 neighborhood,
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 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 whole 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.

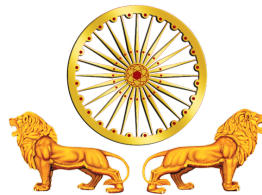
Appreciative joy - *Muditha* meditation

Muditha is the genuine happiness one experiences seeing others success. Having seeing the righteously collected wealth of others, their properties or on any other event of success if one does not develop jealousy, instead develops appreciative joy, he/she is said to be in *muditha*. When others around us gain fame and praise, succeed in education, or grow in beauty, we should be able to be happy about their gains. If one develops jealousy having seen beauty of another, having heard success in education of another, or having heard fame and praise of another, he/she must suppress such evil thoughts, eradicate such defiled thoughts and develop appreciative joy. The Buddha said that developing appreciative joy helps eliminating arathi, which is the mental phenomenon of developing discomfort and displeasure in engaging wholesome activities. In order to develop *samadhi*(concentration), *muditha* (appreciative joy) meditation can be practiced in two ways as *appamana* (infinite) and *mahaggata* (great) following the same approach as practiced under *mettha*(loving kindness) meditation.

This “Appreciative Joy” meditation (*muditha* meditation) can be practiced in all four postures: walking, standing, sitting, and lying down. At first, you may say the words of the meditation softly and then meditate silently once the words are familiarized.

Benefits of Appreciative Joy Meditation

- One can eradicate jealousy or envy.
- One can overcome the apathy or lack of interest in wholesome engagements.
- If one does not attain a higher stage of enlightenment(*nibbana*), one will be reborn in the *brahma* world(heavenly world).



Mahamevnawa Buddhist Meditation Center of New Jersey
241 Deans Rhode Hall Road, Monroe Township, NJ 08831.

Tel : 1 732 940 3200 | E-Mail : info@mahamevnawanj.org

Website : www.mahamevnawanj.org