

Abstract

In this paper I have shown how, due to metta combined with knowledge arising from satipatthana practice, one's own true benefit and welfare as well as that of others can be brought about. To the extent one's personal self-defense becomes strong, one becomes secure, free and happy. By controlling oneself, others are protected from harm. In this paper, I have shown, combining theory and practice, how satipatthana practice brings about the actual practice of metta as physical action.