

Meta Karuna

(New Zealand mentee of Anahata)

Words: Theravan Buddhist, the Heavenly Abodes

1 C Dm G C
Me - ta ka - ru - na mu - di - ta u - pei - ka,
5 2 Am Dm G C
Met - ta ka - ru - na mu di - ta u - pei - ka

Face partner in circle

1. Take right hand with partner, cover with left hand, stand and look softly into partner's eyes.
2. Step forward to next partner, taking left hands, and cover with right.

The dance is thus like a slow grand right and left.

The words are from the Meta Sutra of the Theravan Buddhists, of S. India, Thailand, Sri Lanka, who say that they speak the original language of the Buddha.

Meta means loving kindness;
Karuna, compassion;
Mudita, sympathetic joy; and
Upeika, equanimity.

These are the Heavenly Abodes, and Buddhists believe that a person who achieves one achieves them all.

Collectively, the words are an invitation to go into bliss--to be proud but not puffed up.