

## **Happiness – and metta and luck**

Metta protects one from arbitrary violence and even from simple accidents. People who are full of hatred are often rather accident-prone. Things seem to go wrong for them, for no apparent reason, and not necessarily as the direct result of their own actions. It is as though they had enemies who were secretly working against them. The root cause of their predicament seems to be self-hatred, even an unconscious need to suffer some kind of punishment. It is difficult to love others if one has no love for oneself, and in that case one will instinctively seek out situations in which one is likely to come to harm or get otherwise into trouble.

People who are positive and cheerful, on the other hand, often seem to lead a charmed existence. They attain their aims easily. It is as though they had friends who were secretly working on their behalf. The root cause of such good fortune seems to be a genuine liking of, and concern for, oneself. It is difficult to hate others if you truly love yourself. And if you feel positively about yourself you are instinctively going to look after yourself and seek out situations in which you will not come to harm.

Sangharakshita, *Living Ethically*, p.46

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