

# The Four Brahma Viharas

## **Loving Kindness**

“May I be well, happy and peaceful”

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## **Compassion**

“May I be free from mental suffering”

“May I be free from physical suffering”

“Physically and mentally at ease”

“May I be able to take care of myself, happily”

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## **Sympathetic Joy**

“May you always meet with success”

“May you keep any good fortune you have attained”

“May your life be full of happiness and peace”

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## **Equanimity**

### **Via Comparison**

“Just as I want to be happy you also want to be happy”

“May you be happy”

“Just as I want to be free from suffering you also want to be free from suffering”

“May you be free from suffering”

### **Via Reflection**

“All beings are the owners of their actions and inherit its results”

“Their future is born from such actions, companion to such actions”

“Its result will be their home”

“All actions with intention, be they skilful or harmful”

“Of such acts they will be the heir”

### **Via Wisdom**

I. Here, monks, a disciple dwells pervading one direction with his heart filled with loving-kindness, likewise the second, the third, and the fourth direction; so above, below and around; he dwells pervading the entire world everywhere and equally with his heart filled with loving-kindness, abundant, grown great, measureless, free from enmity and free from distress.

II. Here, monks, a disciple dwells pervading one direction with his heart filled with compassion, likewise the second, the third and the fourth direction; so above, below and around; he dwells pervading the entire world everywhere and equally with his heart filled with compassion, abundant, grown great, measureless, free from enmity and free from distress.

III. Here, monks, a disciple dwells pervading one direction with his heart filled with sympathetic joy, likewise the second, the third and the fourth direction; so above, below and around; he dwells pervading the entire world everywhere and equally with his heart filled with sympathetic joy, abundant, grown great, measureless, free from enmity and free from distress.

IV. Here, monks, a disciple dwells pervading one direction with his heart filled with equanimity, likewise the second, the third and the fourth direction; so above, below and around; he dwells pervading the entire world everywhere and equally with his heart filled with equanimity, abundant, grown great, measureless, free from enmity and free from distress.