

Four Immeasurables

The four immeasurables are natural expressions of every sentient being's wish to be free of suffering, to be happy and healthy, to experience contentment, joy, and ease.

Begin with yourself: recognize, acknowledge, appreciate, and cultivate your wish to be safe, happy, healthy, at ease. Feel the good, healthy caring that is the source of genuine happiness. When resistance arises – boredom, indifference, anger, fear, or unworthiness – just gently include these feelings in caring, compassionate awareness.

Let your aspirations deepen, gradually and naturally extending heartfelt wish of well-being to others: to dear ones, to friends, to strangers, and even to enemies. Let these aspirations, intentions, and feelings of well-being radiate from your heart to all beings without exception. Let love, compassion, joy, and equanimity radiate in all directions, without limit, immeasurable.

Lovingkindness: the radiant warm wish that all be well

May all beings have happiness and the seeds of happiness
May all beings be safe, healthy and strong
May all enjoy a happy heart and peace of mind
May all enjoy the ease of well-being
May all be healthy and happy, at ease in body, at home in the world

Compassion: the courageous heart that wishes others not suffer

May all be free from suffering and the seeds of suffering
May all be free from inner and outer harm
May all be free from disease, hunger, poverty, and violence
May all be free from fear, worry, anxiety, pain, sorrow, and grief
May all be free from struggle and turmoil

Sympathetic Joy in the happiness and success of others

May all beings enjoy true happiness free of suffering
May all enjoy success, good fortune, virtue, and happiness
May all enjoy harmony and friendship
May all recognize and appreciate the good in the world and in each other
May all beings delight in the success and happiness of others, free of jealousy and enmity

Equanimity: stability, clarity, balance in the midst of experience

May everyone rest in great equanimity, free from preference and prejudice
May everyone know and accept things just as they are
May everyone be balanced, abiding calmly in the midst of change
May everyone the essential equality of all beings, embracing others with impartiality
May everyone care for others, yet know that each is the owner and heir of their own deeds

