

Compassion (Karuna)

the courageous heart that wishes others not suffer

Far enemy: cruelty

Near enemies: pity, despair, fixing

May ___ be free from inner and outer harm

May ___ be free from misery and struggle

May ___ be free from disease and affliction

May ___ be free from hunger and poverty

May ___ be free from pain, sorrow and grief

May ___ be free from fear, worry and anxiety

May ___ be free from anger, ill-will and conflict

May ___ be free from greed and neediness

May ___ be free from fear and discomfort

May ___ be free from desire and busyness

May ___ be free from jealousy and competitiveness

May ___ be free from pride and arrogance

Sympathetic Joy (Mudita)

joy in the happiness and success of others

Far enemy: jealousy

Near enemy: frivolity

May ___ delight in the success and happiness of others

May ___ be free of jealousy, envy and enmity toward others

May ___ support the well-being of others

May ___ enjoy life just as they wish

May ___ enjoy success in whatever they set out to do

May ___ enjoy leisure, wealth and prosperity

May ___ share their wealth and happiness

May virtue, happiness, and good fortune continue and grow

May ___ enjoy harmony and friendship

May ___ know delight, pleasure, and well-being

May ___ find boundless joy beyond their wildest dreams

Equanimity (Upekkha)

flexible stability, clarity, and balance in the midst of experience

Far enemies: aversion, attachment
Near enemy: indifference

- May ___ accept things just as they are
- May ___ be undisturbed, free from distraction and confusion
- May ___ calmly abide in the midst of change
- May ___ be free from attachment, aversion, and indifference
- May ___ know open clarity, free from preference and prejudice
- May ___ see the essential equality of all beings
- May ___ embrace others with impartiality
- May ___ care for others yet know each is the owner of their deeds
- May ___ be peaceful, stable and secure
- May ___ rest in great equanimity

The Four Boundless Attitudes

Brahma-viharas

Extend these heartfelt wishes to

- *yourself*
- *your mentors and benefactors*
- *those you like*
- *those you neither like nor dislike*
- *those you dislike*
- *different kinds of people*
- *all beings, in every direction*

Loving-kindness (Metta)

the radiant warm wish for deepest well-being

Far enemy: ill-will
Near enemy: attachment

- May ___ be safe
- May ___ be healthy and strong
- May ___ enjoy a happy heart and peace of mind
- May ___ enjoy the ease of well-being
- May ___ enjoy the support of dear ones and community
- May ___ be endowed with faith, wisdom, and kindness
- May ___ be healthy and happy
at ease in body, at home in the world

