



WESTCHESTER
MEDITATION CENTER

THE PRACTICE OF THE PRACTICE OF THE FOUR IMMEASURABLES

The Root Verse

May all sentient beings enjoy happiness and the root of happiness.

May they be free from suffering and the root of suffering.

May they not be separated from the great happiness devoid of suffering.

May they dwell in the great equanimity free from passion aggression and ignorance.

CONTEMPLATIVE MEDITATION FOR THE FOUR IMMEASURABLES

Equanimity

Equanimity is to know that the temporary notions of “friend,” “enemy,” and so forth are illusory and cannot be relied on, and to accomplish the benefit of sentient beings without any bias. Chant x 3; contemplate 5-10 minutes; chant x 3 to conclude. *May all sentient beings dwell in the great equanimity free from passion, aggression, and prejudice.*

Loving Kindness

Loving-kindness is to think, may all sentient beings always have what I find desirable. Chant x 3; contemplate 5-10 minutes; chant x 3 to conclude.

May all sentient beings enjoy happiness and the root of happiness.

Compassion

Compassion is like the unbearable anguish that would arise when a very dear relative of mine was being burned in a fire, but it is directed toward all sentient beings. Chant x 3; contemplate 5-10 minutes; chant x 3 to conclude.

May all sentient beings be free from suffering and the root of suffering.

Joy

Joy is like the feeling that would arise in a mother when her only son who had gone off to war returns home. Chant x 3; contemplate 5-10 minutes; chant x 3 to conclude.

May all sentient beings not be separated from the great happiness devoid of suffering.

***Can do 7 steps during the contemplations or keep it simple; don't push the envelop too hard but push some!. Seven steps are: 1, self—most important!; 2, someone easy to love; 3, for a specific friend; 4, for someone neutral; 5, for someone offensive; 6, for everyone above (dissolve all boundaries); 7, for all beings in the universe.*