

Four Immeasurable Emotions

The four *brahma-viharas* represent the most beautiful and hopeful aspects of our human nature. They are mindfulness practices that protect the mind from falling into habitual patterns of reactivity which belie our best intentions.

Also referred to as mind-liberating practices, they awaken powerful healing energies which brighten and lift the mind to increasing levels of clarity. As a result, the boundless states of loving-kindness, compassion, appreciative joy, and equanimity manifest as forces of purification transforming the turbulent heart into a refuge of calm, focused awareness.

Abidings are concentration practices which rely upon mindfulness (present time awareness) to cultivate and enhance the process of purification.

Metta (lovingkindness) is the medicine for anger, agitation, and hatred. *Karuna* (compassion) is the antidote to cruelty. *Mudita* (appreciative joy) is the counteracting force for envy and jealousy. *Upekkha* (equanimity) is spacious balance, which supports the release of clinging and attachment.

The Divine Abidings also regenerate the beauty and mercy inherent in this existence. *Metta* is the capacity for love. *Karuna* is the capacity to remain present in the face of pain and suffering. *Mudita* is the capacity for boundless, appreciative joy and gratitude. *Upekkha* is the capacity to be with things as they are, in truth.

Source: <http://www.brahmaviharas.org/>

---ooo000ooo---