

The Four Immeasurables

MEDITATION OUTLINE

Preliminary: Visualize an Enlightened Being of Your Choosing

1. Think about the benefits of connecting with the enlightened mind.
 2. Wish to see how an enlightened being sees.
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I. Immeasurable Equanimity

a. Preliminary: Contemplation on how all beings are the same.

1. They want to gain happiness and to avoid pain.
2. They are afflicted by three kinds of suffering.
 - Mental and physical suffering
 - Suffering of change
 - Pervasive suffering

b. The Actual Contemplation on Immeasurable Equanimity

1. How nice it would be if everyone treated each other equally and had the causes to treat each other equally.
 2. Decide that you will treat others equally.
 3. Ask for blessings to do so.
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II. Contemplation on Immeasurable Compassion: the desire to take away pain

1. Think how nice it would be if everyone could be free of suffering and the causes of suffering.
 2. Decide that you will find a way to free them from the things that hurt them.
 3. Ask for blessings to do so.
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III. Contemplation on Immeasurable Love: the desire to give happiness

a. Reminder that these are attitudes of mind.

1. Think how nice it would be if everyone could have happiness and the causes for happiness.
2. Decide that you will bring them happiness.
3. Ask for blessings to do so.

IV. Contemplation on Immeasurable Joy: a kind of happiness that doesn't run out

a. Infuse these attitudes with wisdom.

- Do you see a special person differently than others do?
 - See the dependence on your mind and your point of view.
1. Think how nice it would be if everyone could have happiness that doesn't run out as well as the causes to gain unending happiness.
 2. Decide that you will find a way to bring them happiness that doesn't run out.
 3. Ask for blessings to become someone who can do so.
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V. Fixed Meditation on the Four Immeasurables

a. Bring your image of an enlightened being above your head like a crown.

b. Have them shrink down to the size of a pea.

c. Then descend down to your heart, radiating golden light.

d. Fill your body and mind with *The Four Immeasurables* and stay with the feeling as long as you can.

1. Equanimity: become someone who can take every living being into your care.
 2. Compassion: become someone who wants every living being to be free from pain.
 3. Love: become someone who wants every living being to have happiness.
 4. Joy: become someone who gives a type of happiness that doesn't run out.
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VI. Dedication

a. Dedicate the goodness of what you've done to making all this come true.