

Brahma Vihara Meditations

Metta (Lovingkindness)

Phrases – use all four:

May you be safe. May you be healthy. May you be happy. May you live with ease.

Order: self, benefactor, friend, neutral person, difficult person, groups, all beings

Karuna (Compassion)

Phrases – use one or two:

May your suffering ease. May you be free of your pain and sorrow. May you find peace.

Order: a real person you know who is suffering, self, benefactor, friend, neutral person, difficult person, groups, all beings

Mudita (Sympathetic Joy)

Phrases – use one or two:

May your good fortune and happiness continue. May you enjoy your life.

Order: a real person you know who is having good luck or happiness, benefactor, friend, neutral person, difficult person, groups, all beings

(Note: don't do Mudita for yourself, since you're practicing delighting in the happiness of others.)

Upekkha (Equanimity)

Phrases – use one or two:

May we all accept things as they are. I care for you, but I cannot keep you from suffering. I wish you well, but I cannot make your choices for you.

Order: the neutral person, benefactor, friend, difficult person, self, groups, all beings