

Four Immeasurables

Loving-Kindness

May I and all beings be happy and healthy, loved and protected

Compassion

May I and all beings be free of suffering and the roots of suffering

Rejoicing

May I and all beings take joy in the joy of others and all that is

Equanimity

May I and all beings know and rest in great equanimity and peace

Tonglen

- ❖ Open the Mind / Heart to the Vastness of Now
- ❖ Visualize breathing in a dark cloud of suffering
- ❖ Visualize breathing out a luminous light of loving-kind compassion
- ❖ Alternating with each breath, breathe in the suffering of oneself and others, breathe out whatever may be of benefit.
- ❖ Starting with one it is easy to feel love for, then others you feel love for (family and friends), oneself, people you feel neutral about, someone that has harmed you or that you have a complicated relationship with, and finally everyone.