

Brama Viharas Summary

Brama Vihara	Traditional Phrases	Alternate Phrases	Sequence of beings	Proximate Cause	Near Enemy	Far Enemy
Metta— Lovingkindness	<ul style="list-style-type: none"> • May I be free from danger • May I be free from mental pain • May I be free from physical pain • May I be well and happy 	<ul style="list-style-type: none"> • May I (you) be safe • May I (you) be healthy • May I (you) be happy • May I (you) live with ease • May (you) I be liberated 	Self Benefactor Friend Neutral person Difficult person All beings	The goodness in someone	Attachment, desire, possessive love	Hatred, anger, aversion Self-hatred, self-judgment, guilt
Karuna— compassion	<ul style="list-style-type: none"> • May this good person be freed from suffering 	<ul style="list-style-type: none"> • May you / I be free from your suffering. • I care about your pain. • May you / I find peace. • May you / I open to this pain with tenderness. • May you / I find a way to be ok with this pain / let go of this pain. 	Suffering person Self Benefactor Friend Neutral person Difficult person All beings	Someone's suffering	Pity, righteous anger, fear	Cruelty, enjoyment of someone's suffering
Mudita— empathetic joy	<ul style="list-style-type: none"> • May this good person continue to be happy and content 	<ul style="list-style-type: none"> • May your good fortune continue. May it increase and never wane. • May your happiness not diminish. • I am happy for your happiness. 	Friend (person who is easy to be happy for) Benefactor Neutral person Difficult person All beings (Not done for self; if for self, is gratitude practice)	Someone's happiness or good fortune	Comparing, insincerity in our good wishes, grasping for the pleasant	Envy or jealousy
Upekkha— Equanimity	<ul style="list-style-type: none"> • Their / my / our happiness and unhappiness depend on their / my / our thoughts and actions, not on their / my / our wishes. • All beings are heirs to their karma. 	<ul style="list-style-type: none"> • I wish for your wellbeing, but can not keep you from suffering. • May I experience peace, despite my inability to understand this. • May I trust in a larger perspective beyond my personal view. • My happiness and unhappiness depend on my thoughts and actions, not on my wishes. 	Neutral person Benefactor Friend Difficult person Self All beings	Seeing things as they are, trusting in an optimizing force,	Indifference	Resentment, greed, anxiety about the uncontrollability of phenomena

