

# Immeasurable!



Metta – Lovingkindness

Karuna – Compassion

Mudita – Appreciative Joy

Upekkha – Equanimity

# Course Syllabus

- Oct. 5: Overview of the four "Immeasurable" qualities
- Oct. 12: Metta – Lovingkindness
- Oct. 19: Karuna – Compassion
- Oct. 26: Mudita – Appreciative Joy
- Nov. 2: Upekkha – Equanimity

Each class includes discussion, followed by a half hour meditation.

The meditation includes live music and some guided suggestions.

# Who Am I?

With awareness, write your name.

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Who is this person who is writing?

How does it feel?

What do I want?

# Why Am I Here?

First thought, best thought -

What is my intention for this class?

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# Yoga Sutras

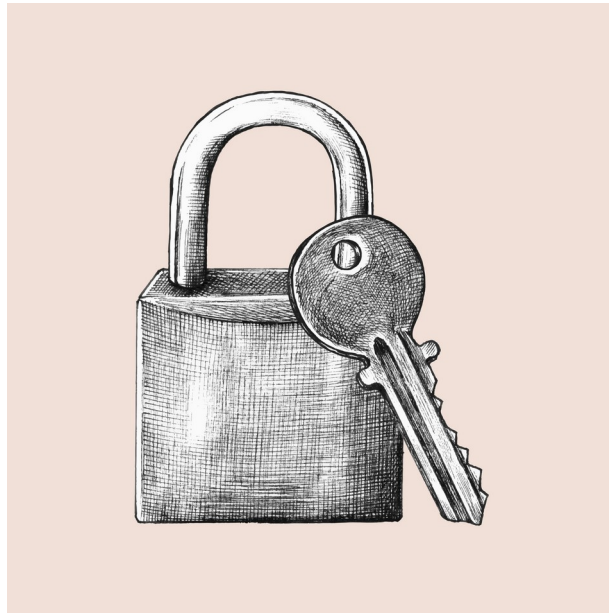
In the Yoga Sutras (written around 2000 years ago), Patanjali says:

“By cultivating attitudes of  
FRIENDLINESS toward the HAPPY  
COMPASSION toward the UNHAPPY  
DELIGHT toward the VIRTUOUS  
& DISREGARD toward the NON-  
VIRTUOUS

the mind-stuff retains its undisturbed  
calm.”

# Keys and Locks

These four qualities are seen as "keys" to four different attitudes - or "locks."



Successful relationships rely upon perceiving which "lock" is presented - and applying the right "key."

# Pali/Sanskrit Terms

METTA (MAITRI) is Friendliness, or Lovingkindness & applied to SUKHA - the Happy

KARUNA is Compassion, & applied to DUKHA - the Unhappy

MUDITA is Delight, or Appreciative Joy, & applied to PUNYA - the Virtuous

UPEKKHA (UPEKSHA) is Disregard, or Equanimity, & applied to APUNYA - the Not-so-virtuous

# How to Be? What to Do?

Embodying the four qualities in relationships gets increasingly complex.

METTA simply requires reflecting a friendly happiness back to SUKHA.

KARUNA requires perceiving DUKHA, and responding in a truly helpful way.

MUDITA requires recognizing PUNYA – virtue, or order – without ego.

UPEKKHA requires perceiving APUNYA without being reactive or judgmental, and acting from a quiet center.



# Journaling

Jot down times in your life, when you have met up with each of these four attitudes.

Did you recognize the "lock"?

Did you use an appropriate "key?"

1. Sukha (happy person)
2. Dukha (unhappy person)
3. Punya (person acting appropriately)
4. Apunya (person acting inappropriately)

# From Yoga to Buddhism

As Patanjali's locks and keys migrated into Buddhist philosophy, their use expanded to focus points used for self-reflection and meditation.

The four qualities became known as "Brahmaviharas" – or Divine Abodes – "Cetovimukti" – or Deliverance of the Mind –

and "Apramana" – or Immeasurables.

All three terms are different flavors of the same four qualities.

# Immeasurable

"A monk suffuses the world in the four directions with a mind of benevolence, then above, and below, and all around... Just as a powerful conch-blower makes himself heard with no great effort in all four directions, so too is there no limit to the unfolding of heart-liberating benevolence. This is a way to communion with Brahma."

- the Buddha, Majjhimanikaya