

The Four Immeasurable Minds of Love Meditation

1. Lie down on the mat and make yourself as comfortable as you can . . .
2. Returning to settling body . . . settling speech . . . settling mind . . . For a few minutes, attend to the space of the body & the tactile experience without distraction or grasping . . .
 - a) . . . in the space of relaxed stillness we prepare to cultivate the Four Immeasurable Minds of Love; we explore the positive emotions of loving kindness, friendship (maitri), compassion (karuna), joy (mudita) and equanimity “even mindedness” (upeksha) that lay dormant in our minds. He then directed this “immeasurable” love to the ends of the earth. . . . “When your mind is filled with love, send it in one direction, then a second, a third, and a fourth, then above, then below. Identify with everything without hatred, resentment, anger or enmity. This mind of love is very wide. It grows immeasurably & eventually is able to embrace the whole world.” Over time, the B found that by constantly activating these positive psychological states he became free of constrictions of hostility & fear, his own mind expanded with the immeasurable power of love.
 - b) . . . Begin by focusing you on yourself. If you like you can bring your open palms to rest over your chest & heart . . . Begin by drawing on the warmth of friendship, loving kindness (maitri) that you know exists in your mind & direct it to yourself. Notice how much peace, happiness & benevolence you already have. Make yourself aware of how much you need & long for loving friendship. Say to yourself:
 - (1) May I be happy, well, and at peace.
 - (2) May I open to things just as they are.
 - (3) May I experience the world opening to me just as I am.
 - (4) May I welcome whatever arises.
 - c) Now become conscious of your anger, fear & anxiety. Look deeply into the seeds of rage within yourself. Bring to mind some past

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suffering. You long to be free of this pain . . . now gently put aside your current irritations, frustrations & worries & feel compassion (karuna) for your conflicted, struggling self. Say & feel:

- (1) May I be free of suffering, harm, and disturbance.
- (2) May I accept things just as they are.
- (3) May I experience the world accepting me just as I am.
- (4) May I serve whatever arises.

d) Now bring your capacity for joy (mudita) to the surface & take conscious pleasure in things we all tend to take for granted: good health, family, friends work & life's tiny pleasures. Say & feel:

- (1) May I enjoy the activities of life itself.
- (2) May I enjoy things just as they are.
- (3) May I experience the world taking joy in all that I do.
- (4) May I know what to do whatever arises.

e) Finally look at yourself with a sense of equanimity, upeksha (even mindedness - non attachment). You are not unique. You have failings & so does everybody else. You also have talents like others, you deserve compassion, joy & friendship. how what you share in life. Then breathe and sense how the next phrase of sharing feels. Say & feel:

- (1) May I be free from preference and prejudice.
- (2) May I know things just as they are.
- (3) May I experience the world knowing me just as I am.
- (4) May I see into whatever arises.

3. Let this meditation flow in a spirit of ease, remaining present while releasing everything & relaxing more deeply with each out-breath. . . You can release everything & rest in pure awareness . . .