



The Brahma Vihāras (Divine Abidings) “Qualities of Heart”

Meditation of Loving-kindness (Metta)

May you be safe and free from harm;
May your mind and body be healthy and strong;
May you know love and kindness
toward yourself and from others;
May you be peaceful, happy,
and at ease with the unfolding of life.

Meditation of Compassion (Karuna)

The nature of my suffering is the same as the nature of yours--
May my heart know your heart;
May we be free of the delusion of separateness;
The nature of my suffering is the same as the nature of yours--
May the light of love and understanding
penetrate the darkness of fear, despair, sorrow;*
In your time of trouble and always,
May you be comforted and surrounded by kindness;
May you be free from suffering.

Meditation of Appreciative Joy* (Mudita)

How wonderful you are in your being,
I delight that you are here.
May your joy & happiness continue,
And good fortune follow you everywhere.

* Adapted from meditations offered by John Peacocke at the
Insight Meditation Society and the Barre Center for Buddhist Studies (BCBS)

Meditation of Equanimity* (Upekkha)

Life is but a play of joy and sorrow;
May you remain unshakeable & steady
with the rising and falling of life's moments;
While I care deeply for you,
I sadly cannot keep you from your distress
and you cannot keep me from mine;
We are each the owners of our actions
and the fruits of our actions.

* Adapted from meditations offered by John Peacocke at the
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