

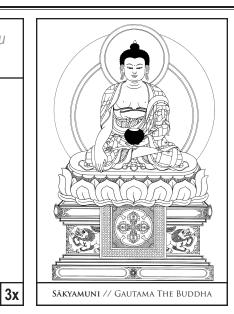
Sarva Mangalam Bhavatu, Bhavatu, Bhavatu May peace pervade the entire world.

Taking Refuge in the Triple Jem

बुद्ध Buddham Saranam Gacchâmi I take refuge in the Buddha, the qualities of the enlightened mind.

धम्म *Dhammam Saranam Gacchâmi* I take refuge in the Dharma, the profound teachings of the enlightened ones.

सङ्घ Sangham Saranam Gacchâmi I take refuge in the Sangha, the company of noble beings.



MN: 21:11 // Majjhima Nikāya / Kakacūpama Sutta

Herein, wise ones, you should train thus:

I shall abide compassionate for other's welfare, with a mind of loving-kindness, without inner hate.

I shall abide pervading the all-encompassing world with a mind imbued with loving-kindness, abundant, exalted, immeasurable, without hostility and without ill will.

That is how you should train, wise ones.

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METTĀ	Brahmavihāras / Four Immeasurables / Divine Abodes	Brahma-mettā-vihāra / Mettā-bhāvanā / Loving-kindness	
	The Measureless Liberation of Mind (SN:41:7 //Cittasamyutta)		
	A wise one dwells pervading one quarter with a mind imbued with <i>loving-kindness</i> , likewise the second quarter, the third quarter, and the fourth quarter.		
	Thus above, and so below, across and everywhere, to all as oneself, one dwells pervading the entire world with a mind imbued with <i>loving-kindness</i> , vast, exalted, measureless, without hostility, without ill will.		3
Α	One dwells pervading the entire world with a mind imbued with <i>compassion</i> , <i>altruistic joy</i> , and <i>equanimity</i> . Thus above, and so below, across and everywhere, to all as oneself, one dwells pervading the entire world with a mind imbued with <i>compassion</i> , <i>altruistic joy</i> , <i>and equanimity</i> , vast, exalted, measureless, without hostility, without ill will.		
	These are called the Brahma-vihāras, the four immeasurables, the supreme divine abidings, the measureless liberation of mind.		

	Brahmavihāras / Four Immeasurables / Divine Abodes	Brahma-mettā-vihāra / Mettā-bhāvanā / Loving-kindness	
METTĀ	One skilled in wisdom who wishes to attain liberation should act the Able, virtuous, upright, diligent, gentle and humble, content controlled in senses, discreet, modest, not proude not doing even the slightest thing which the wise of the May all beings be safe, may all beings be happy. Whatsoever living beings that exist, without exception, weak and strong, small, medium and large, dwelling near subtle and gross, visible and invisible, born and unborn — May all beings be happy.	nus: nted, easily satisfied, with few duties, simple in livelihood, or demanding in nature; would not approve. and far,	4

	Brahmavihāras / Four Immeasurables / Divine Abodes	Brahma-mettā-vihāra / Mettā-bhāvanā / Loving-kindness			
	Nāgas (AN:4:67 // Angutarra Nikāya / The Book of Fours)				
	A number of monks approached Śākyamuni, The Buddha, paid homage to him, sat down on one side: Bhagavan, a certain monk here was bitten by a snake and died.				
METTĀ	Śākyamuni: Surely, that one did not pervade the four royal families of Nāgas with a mind of loving-kindness, for if he had done so, he would not have been bitten by a snake a died. I enjoin you, wise ones, to pervade the four royal families of Nāgas with a mind of loving-kindness, for your own security, safety and protection: I have loving-kindness for the Earth Nāgas, for the Water Nāgas I have loving-kindness. I have loving-kindness for the Tree Nāgas; for the Virūpakkha Nāgas, who dwell at the highest point and protect devas from attack, I have loving-kindness.				

Brahmavihāras / Four Immeasurables / Divine Abodes

The Simile of the Saw (MN:21:11 // Kakacūpama Sutta)

There are five courses of speech that others may use when they address you - their speech may be:

Brahma-mettā-vihāra / Mettā-bhāvanā / Loving-kindness

	Brahmavihāras / Four Immeasurables / Divine Abodes		Brahma-mettā-vihāra / Mettā-bhāvanā / Loving-kindness	
	Benefits of Loving-kindness (AN:8:1 // Angutarra Nikāya)			
	When the liberation of mind by loving-kindness has been pursued, developed, and cultivated, made as a vehicle and basis, carried out, consolidated, and properly undertaken, eight benefits are to be expected. What eight?			
METTĀ	 One sleeps well, One awakens happily, One does not have bad dreams, One is pleasing to human beings, 			10
	When the liberation of mind by loving-kindness has been pursued, developed, and cultivated, made as a vehicle and basis, carried out, consolidated, and properly undertaken if a being thinks they can overthrow one's mind, that being would only experience fatigue and vexation.			
	For one who, ever mindful, develops measureless loving-kindness, the fetters thin out as one sees the destruction of the acquisitions.			

	Brahmavihāras / Four Immeasurables / Divine Abodes	Brahma-mettā-vihāra / Mettā-bhāvanā / Loving-kindness		
	Benefits of Loving-kindness (AN:8:1 // Angutarra Nikāya)			
METTĀ	beings, a noble one generates abundant merit. Those royal sages who conquered the earth with it's methe horse sacrifice, the person sacrifice, sammāpāsa: the bind convincing speech, and niraggala: the wide open giving of alm mind, just as a host of stars cannot match a sixteenth part of the	s. All these are not worth a sixteenth part of a well developed loving e moon's radiance. Inquer or enjoin conquest, one who has loving-kindness towards all		