



## INSIGHT MEDITATION COMMUNITY OF CHARLOTTESVILLE

### **Metta: Loving Kindness**

*"Hatred never ceases by hatred, but by love alone is hatred healed. This is an ancient and eternal law."*

The Buddha

*In gladness and in safety,  
May all beings be at ease.  
Whatever living beings there may be,  
Whether they are weak or strong, omitting none,  
The great or the mighty, medium, short or small,  
The seen and the unseen,  
Those living near and far away,  
Those born and to-be-born  
May all beings be at ease!* From The Metta sutta

### **Karuna: Compassion**

*"Each person...carries his or her measure of confusion and sorrow. Buddhism teaches that we suffer not because we have sinned but because we are blind. Compassion is the natural response to this blindness; it arises whenever we see our human situation clearly. Buddhist texts describe compassion as the quivering of the heart in the face of pain, as the capacity to see (everyone's)...struggles with "kindly eyes." We need compassion, not anger, to help us be tender with our (own and others') difficulties and not close off to them in fear. This is how healing takes place."*

Jack Kornfield in *Wise Heart* Kindle p 360

*"Compassion without attachment is possible. Therefore, we need to clarify the distinctions between compassion and attachment. True compassion is not just an emotional response but a firm commitment founded on reason. Therefore, a truly compassionate attitude towards others does not change even if they behave negatively. Genuine compassion is based not on our own projections and expectations, but rather on the needs of the other."*

The Dalai Lama in *The compassionate life*, p 21.

## Mudita: Sympathetic Joy

*"On seeing or hearing about a dear person being happy cheerful and glad, gladness can be aroused thus: 'This being is indeed glad. How good! How excellent!' Just as he would be glad on seeing a dear and beloved person, so he pervades all being with gladness."* Buddhaghosa

*When unselfish joy grows, many noxious weeds in the human heart will die a natural death (or will, at least, shrink): jealousy and envy, ill will in various degrees and manifestations, cold-heartedness, miserliness (also in one's concern for others), and so forth. Unselfish joy can, indeed, act as a powerful agent in releasing dormant forces of the Good in the human heart."* Nyanaponika Thera

## Upekkha: Equanimity

*"Equanimity, it seems to me, is the ground out of which the other three flavors of benevolent mind arise. Everything depends on it. Equanimity is the capacity of the mind to hold a clear view of whatever is happening, both externally and internally, as well as the ability of the mind to accommodate passion without losing its balance."* Sylvia Boorstein, *Lion's Roar*, March 23, 2018

*"Equanimity is understanding what it means to stand in the midst of all experience with unshakeable balance, to be responsive yet unbroken."*

Christina Feldman in *Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy, and Equanimity* p. 108

*"You are asked to find the grace, balance and understanding to be present in your body and in the world releasing – over and over again – the clinging and grasping that it be otherwise."*

Christina Feldman in *Compassion*

## Balance:

Love imparts to equanimity its selflessness, its boundless nature and even its fervor...Compassion guards equanimity from falling into cold indifference and keeps it from indolent or selfish isolation. Until equanimity has reached perfection, compassion urges it to enter again and again into the battlefields of the world. Sympathetic joy gives to equanimity the mild serenity that softens its stern appearance. It is the divine smile on the face of the Enlightened One. Ven Nyanaponika in *The Four Sublime States in The Wheel* No. 6.