

## Bramviharas Summary

Bramavihara	Traditional Phrases	Alternate Phrases	Sequence of beings	Object (Proximate cause)	Near Enemy	Far Enemy
Metta— Lovingkindness	<ul style="list-style-type: none"> <li>• May I be free from danger</li> <li>• May I be free from mental pain</li> <li>• May I be free from physical pain</li> <li>• May I be well and happy</li> </ul>	<ul style="list-style-type: none"> <li>• May I (you) be safe</li> <li>• May I (you) be healthy</li> <li>• May I (you) be happy</li> <li>• May I (you) live with ease</li> <li>• May (you) I be liberated</li> </ul>	Self Benefactor Friend Neutral person Difficult person All beings	The goodness in someone	Attachment, desire, possessive love	Hatred, anger, aversion Self-hatred, self-judgment, guilt
Karuna— compassion	<ul style="list-style-type: none"> <li>• May this good person be freed from suffering</li> </ul>	<ul style="list-style-type: none"> <li>• May you / I be free from your suffering.</li> <li>• I care about your pain.</li> <li>• May you / I find peace.</li> <li>• May you / I open to this pain with tenderness.</li> <li>• May you / I find a way to be ok with this pain / let go of this pain.</li> </ul>	Suffering person Self Benefactor Friend Neutral person Difficult person All beings	Someone's suffering	Pity, righteous anger, fear	Cruelty, enjoyment of someone's suffering
Mudita— empathetic joy	<ul style="list-style-type: none"> <li>• May this good person continue to be happy and content</li> </ul>	<ul style="list-style-type: none"> <li>• May your good fortune continue. May it increase and never wane.</li> <li>• May your happiness not diminish</li> <li>• I am happy for your happiness.</li> </ul>	Friend (person who is easy to be happy for) Benefactor Neutral person Difficult person All beings (Not done for self; if for self, is gratitude practice)	Someone's happiness or good fortune	Comparing, insincerity in our good wishes, grasping for the pleasant	Envy or jealousy
Upekkha— Equanimity	<ul style="list-style-type: none"> <li>• Their / my / our happiness and unhappiness depend on their / my / our thoughts and actions, not on their / my / our wishes.</li> <li>• All beings are heirs to their karma.</li> </ul>	<ul style="list-style-type: none"> <li>• I wish for your wellbeing, but can not keep you from suffering.</li> <li>• May I experience peace, despite my inability to understand this.</li> <li>• May I trust in a larger perspective beyond my personal view.</li> <li>• My happiness and unhappiness depend on my thoughts and actions, not on my wishes.</li> </ul>	Neutral person Benefactor Friend Difficult person Self All beings	Seeing things as they are, trusting in an optimizing force,	Indifference	Resentment, greed, anxiety about the uncontrollability of phenomena

