

# THE FOUR IMMEASURABLES

Source: *Cultivating Virtues of the Heart* – B. Alan Wallace

THE FOUR IMMEASURABLES	DEFINITIONS	PROXIMATE CAUSE	FALSE FACSIMILE OR NEAR ENEMY	THAT WHICH IS DIAMETRICALLY OPPOSED OR DISTANT ENEMY	SIGN OF SUCCESS	REMEDY (BODYGUARD OR GUARDIAN)
<b>LOVING KINDNESS</b>	Heartfelt yearning and vision for oneself and others to experience happiness and the causes of happiness	Seeing the loveable qualities of another person and oneself	Self-centered attachment	Ill-will (Intention to harm and taking joy in another's misfortune)	Less ill –will as well as an increase in friendliness and warm heartedness	Equanimity
<b>COMPASSION</b>	Heartfelt yearning that all be free of suffering and it's causes  Asking what can I do?	Recognizing that others wish to be free of suffering; the helplessness of their suffering and you're poised to do something or that something can be done	Despair and depression	Contempt and cruelty – taking pleasure in someone else's suffering	Our capacity for cruelty and delight in other people's misfortunes subsides	Empathetic Joy
<b>EMPATHETIC JOY</b>	Delight in other people's virtues, successes and joys	Attending to the virtues, successes, and joys of others and oneself	Frivolous joy [Attachment to hedonic pleasure]	Envy and cynicism	Reduction of envy and cynicism	Loving Kindness
<b>EQUANIMITY</b>	Even-heartedness, even-mindedness and impartiality  Attending without attachment or aversion	Taking responsibility for our own conduct and actions	Cold or aloof indifference	Craving or attachment to those who are like us/an aversion to those who are different	Less craving, attachment and hostility	Compassion