

# The Four Immeasurables

(Loving Kindness, Compassion, Joy and Equanimity)

(In Tibetan: *tse me shi*), these are four qualities one achieves with complete enlightenment that help others. They are: limitless loving-kindness, limitless compassion, limitless joy and limitless equanimity.

“Compassion and love are not mere luxuries.  
As the source both of inner and external peace,  
they are fundamental to the continued survival of our species.”  
-- His Holiness the XIV Dalai Lama

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*The Four Immeasurables are found in one brief and beautiful prayer:*

May all sentient beings have happiness and its causes,  
May all sentient beings be free of suffering and its causes,  
May all sentient beings not be separated from sorrowless bliss,  
May all sentient beings abide in equanimity, free of bias, attachment and anger.

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*The Buddha taught the following to his son Rahula, (from "Old Path, White Clouds" by Thich Nhat Hahn):*

"Rahula, practice loving kindness to overcome anger. Loving kindness has the capacity to bring happiness to others without demanding anything in return.

Practice compassion to overcome cruelty. Compassion has the capacity to remove the suffering of others without expecting anything in return.

Practice sympathetic joy to overcome hatred. Sympathetic joy arises when one rejoices over the happiness of others and wishes others well-being and success.

Practice non-attachment to overcome prejudice. Non-attachment is the way of looking at all things openly and equally . . . This is because that is . . . Myself and others are not separate. Do not reject one thing only to chase after another.

I call these the four immeasurables. Practice them and you will become a refreshing source of vitality and happiness for others."