

Radiating the Brahma Viharas as taught by the Buddha

AN III.65

The disciple of the Noble Ones, Kalamas, who is devoid of coveting, devoid of ill will, undeluded [has abandoned the hindrances], clearly comprehending and mindful, dwells, having pervaded with the thought of lovingkindness one quarter; likewise the second; likewise the third; likewise the fourth; so above, below, and across; one dwells in this way because of the existence in it of all living beings, everywhere, the entire world, with the great, exalted, boundless thought of loving-kindness that is free of hate or malice.

One also dwells, having pervaded with the thought of compassion one quarter; likewise the second; likewise the third; likewise the fourth; so above, below, and across; one dwells in this way because of the existence in it of all living beings, everywhere, the entire world, with the great, exalted, boundless thought of compassion that is free of hate or malice.

One also dwells, having pervaded with the thought of mudita one quarter; likewise the second; likewise the third; likewise the fourth; so above, below, and across; one dwells in this way because of the existence in it of all living beings, everywhere, the entire world, with the great, exalted, boundless thought of mudita that is free of hate or malice.

One also dwells, having pervaded with the thought of equanimity one quarter; likewise the second; likewise the third; likewise the fourth; so above, below, and across; one dwells in this way because of the existence in it of all living beings, everywhere, the entire world, with the great, exalted, boundless thought of equanimity that is free of hate or malice.