

## **BRAHMAVIHARA PRACTICE DN 13**

With one's heart filled with loving-kindness, one dwells suffusing one quarter, the second, the third, the fourth. Thus, one dwells suffusing the whole world, upwards, downwards, across, everywhere, always with a heart filled with loving-kindness, abundant, unbounded, without hate or ill-will....

With one's heart filled with compassion, one dwells suffusing one quarter, the second, the third, the fourth. Thus, one dwells suffusing the whole world, upwards, downwards, across, everywhere, always with a heart filled with compassion, abundant, unbounded, without hate or ill-will....

With one's heart filled with mudita, one dwells suffusing one quarter, the second, the third, the fourth. Thus, one dwells suffusing the whole world, upwards, downwards, across, everywhere, always with a heart filled with mudita, abundant, unbounded, without hate or ill-will....

With one's heart filled with equanimity, one dwells suffusing one quarter, the second, the third, the fourth. Thus, one dwells suffusing the whole world, upwards, downwards, across, everywhere, always with a heart filled with equanimity, abundant, unbounded, without hate or ill-will.