

Meditation 27

Cultivating the Four Immeasurable Qualities

Having established pure motivation, generate equanimity as you consider the choices of someone in extreme misery that you consider to be responsible for their circumstances. Instead of judging and blaming them, remind yourself how many times you've behaved in similar ways, unconscious of the repercussions of your actions. Then let your mind rest.

When your mind begins to stir again, give rise to compassion by imagining the circumstances of that person's suffering and what it would be like. Imagine their fear and need until you feel your heart could break. Then let go of the effort, and rest your mind.

When your mind starts to fill again with thought, meditate on loving kindness. Think of what it would be like for that person to be helped, how it would feel if someone was loving and kind to you in such a situation, and wish that for them. Then let go of trying, and rest the mind.

Next, think of those throughout the world trying to help those who are suffering, rejoice in their virtue, and then rest the mind.

Continue to rotate through the Four Immeasurable Qualities as you imagine different people in various scenarios. Alternate each of these effortful practices with resting in the effortless reflection of each quality, without contrivance.