

### Meditation 28

#### *Practicing the Four Immeasurable Qualities in Daily Life*

Start your day by choosing to practice any or all of the Four Immeasurable Qualities as you establish pure motivation for the day. Then, in every situation when you find someone creating virtue, you'll be reminded that this is a cause for rejoicing. Each time you see somebody suffering is a cause for compassion and, when you see somebody you want to help, that's a cause for loving kindness. If you encounter somebody who's lashing out because they feel isolated and no one understands them, remind yourself how often you've felt and behaved the same way, and give rise to equanimity. In every situation, there's always an opportunity to practice one or more of the Four Immeasurable Qualities. In this way, your daily life is no longer separate from your practice.

Be aware, in each moment, of the choice between following psychology and identity and all the old patterns of the ordinary mind as opposed to following mind's positive qualities. You can use any of the Four Immeasurable Qualities to antidote the negativity, the old patterns, and whatever poisons of the mind are arising in the moment. Always be aware, and ask yourself, "Am I going to choose ordinary mind, ordinary psychology, my habitual orientation to reality, or am I going to choose one or more of mind's positive qualities?" Be aware, always, of that choice we carry with us in each moment.

Then, at the end of the day, see where you fell short and walk yourself through the situations again, reminding yourself how you could have brought practice to them. When you see where there was virtue, when your motivation was pure, and you did everything you could to try to help, dedicate the merit to those beings you were helping, and all beings, so you aren't just helping them in the short run but in the long run as well.