

The Four Immeasurables

"I believe that the very purpose of our life is to seek happiness. Whether one believes in religion or not, whether one believes in this religion or that religion, we all are seeking something better in life. So, I think, the very motion of our life is towards happiness." *HH Dalai Lama*

"Those desiring to escape from suffering hasten right towards suffering. With the very desire for happiness, out of delusion they destroy their own happiness as if it were an enemy" *Shantideva*

Short Prayer of the Four Immeasurables

May all sentient beings have happiness and the causes of happiness.
May all sentient beings be free from suffering and the causes of suffering.
May all sentient beings be inseparable from the happiness that is free from suffering.
May all sentient beings abide in equanimity, unaffected by attachment for friends and hatred for enemies.

"Out of the soil of friendliness grows the beautiful bloom of compassion,
Watered by tears of joy,
Sheltered beneath the cool shade of the tree of equanimity"
Longchenpa (14th Century Nyingma lama)

"My advice is that if you must be selfish, be wisely selfish. Wise people serve others sincerely, putting the needs of others above their own. Ultimately you will be happier. The kind of selfishness that provokes fighting, killing, stealing, using harsh words, forgetting other people's welfare will only result in your own loss."

"True compassion is not just an emotional response but a firm commitment founded on reason. Therefore, a truly compassionate attitude towards others does not change even if they behave negatively." *HH Dalai Lama*

"Even if we feel we are only capable of doing small things to help others right now, don't feel hopeless or depressed. Instead rejoice because even the smallest attempt to help others should fill our hearts with happiness and joy." *Lama Zopa Rinpoche*

"Karma is simply the law of cause and effect. If you plant an apple seed, you don't get a mango tree. If we practise hatred or greed, it becomes our way and the world responds accordingly. If we practise awareness or loving-kindness, it becomes our way and the world responds accordingly.

We are heirs to the results of our actions, to the intentions we bring to every moment we initiate. We make ripples upon the ocean of the universe through our very presence."
Christina Feldman

"Our most basic common link is that we all inhabit this planet. We all breathe the same air. We all cherish our children's futures. And we are all mortal." *John F Kennedy*

Suggested Resources:

To Read:

Christina Feldman: [Boundless Heart](#)

Sharon Salzberg: [Loving Kindness](#)

HH Dalai Lama: [An Open Heart](#)

HH Dalai Lama, Desmond Tutu & Douglas Abrams: [The Book of Joy](#)

Kathleen McDonald: [Awakening the Kind Heart](#)

Thupten Jinpa: [A Fearless Heart](#)

Alan Wallace: Boundless Heart (reprinted I believe as '[The Four Immeasurables](#)')

Matthieu Ricard: [Altruism: The Power of Compassion to Change Yourself and the World](#)

Ribur Rinpoche: How to Generate Bodhicitta (free download)

<https://www.lamayeshe.com/sites/default/files/HGB.pdf>

Naomi Shihab Nye: Kindness <https://poets.org/poem/kindness>

To Watch/listen

HH Dalai Lama: Compassionate Ethics in Difficult times

<https://www.youtube.com/watch?v=jITmGqcsRW>

Glen Svensson: Four Immeasurables:

<https://www.youtube.com/watch?v=D54s20iKxsQ> (a 20-minute guided 'taking and giving' meditation begins at 1hr 18 mins)

All We Share video on equanimity:

<https://www.youtube.com/watch?v=jD8tjhVO1Tc&feature=youtu.be>

Ode to joy flashmob: <https://www.youtube.com/watch?v=kbJcQYVtZMo>

Delightful short video on the benefits of joy at: <https://joyisthenewnormal.org/>

Dr. Kristin Neff: Self Compassion website: <https://self-compassion.org/the-three-elements-of-self-compassion-2/>

Land of Joy recorded courses: <https://landofjoy.co.uk/resources/>

"...keep knocking, and the joy inside will eventually open a window and look out to see who's there" *Rumi*

Ten thousand flowers in spring,
the moon in autumn,
A cool breeze in summer,
snow in winter.

If your mind isn't clouded by unnecessary things,
this is the best season of your life.

Wu-Men (1183 – 1260)

"A human being is part of the whole, called by us 'Universe,' a part limited in time and space. One experiences oneself, one's thoughts and feelings as something separate from the rest—a kind of optical delusion of consciousness. The striving to free oneself from this delusion is the one issue of true religion. Not to nourish it but to try to overcome it is the way to reach the attainable measure of peace of mind." *Albert Einstein*