



THE FOUR IMMEASURABLES

May all sentient beings enjoy happiness and the root of happiness,

May we be free from suffering and the root of suffering,

May we never be separated from the great happiness
devoid of suffering,

May we dwell in the great equanimity,
free of passion, aggression and prejudice.



THE BUDDHA TAUGHT THE FOLLOWING TO HIS SON RAHULA

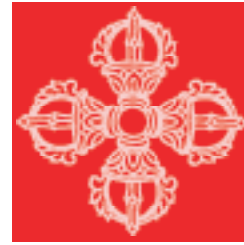
*Rahula, practice loving kindness to overcome anger.
Loving kindness has the capacity to bring happiness to others
without demanding anything in return.*

*Practice compassion to overcome cruelty.
Compassion has the capacity to remove the suffering of others
without expecting anything in return.*

*Practice sympathetic joy to overcome hatred.
Sympathetic joy arises when one rejoices over the happiness
of others and wishes others well-being and success.*

*Practice non-attachment to overcome prejudice.
Non-attachment is the way of looking at all things
openly and equally. This is because that is.
Myself and others are not separate.
Do not reject one thing only to chase after another.*

*I call these the four immeasurables.
Practice them and you will become a refreshing source
of vitality and happiness for others.*



EIGHT VERSES ON TRAINING THE MIND by Geshi Langri Tangpa

Determined to accomplish
The highest welfare of all sentient beings
Who are more precious than wish-fulfilling jewels,
I will practice holding them supremely dear.

Whoever I accompany,
I will practice seeing myself as the lowest amongst them,
And sincerely cherish others supreme.

In all my actions,
I shall examine my mind,
And the moment an afflictive emotion arises,
endangering myself and others,
I shall face it and prevail.

When I encounter those of bad nature,
Overwhelmed by strong misdeeds and sufferings,
I shall hold them near as if I had discovered
A precious treasure difficult to find.

When, out of jealousy, others treat me badly
With abuse, slander and the like,
I will practice taking all loss
And offer the victory to them.

When someone I had benefitted in great hope
Unreasonably hurts me badly,
I will practice regarding that person
As my most excellent and holy guru.

In short, I will learn to offer help and happiness
Directly and indirectly to all my mothers,
And secretly take upon myself,
All their harmful actions and suffering.

I will keep all these practices
Undeified by the superstitions of the eight worldly concerns,
And by understanding all the phenomena as like illusions,
I will practice, without grasping,
To release all sentient beings from bondage.