



The Four Boundless Qualities (English)

(Now let us make the Four Boundless Qualities shine forth.)

I will abide pervading one quarter with a mind imbued with loving-kindness,
Likewise the second, likewise the third, likewise the fourth,
So above and below, around and everywhere, and to all as to myself.
I will abide pervading the all-encompassing world
with a mind imbued with loving-kindness:
Abundant, exalted, immeasurable, without hostility, and without ill-will.

I will abide pervading one quarter with a mind imbued with compassion,
Likewise the second, likewise the third, likewise the fourth,
So above and below, around and everywhere, and to all as to myself.
I will abide pervading the all-encompassing world
with a mind imbued with compassion:
Abundant, exalted, immeasurable, without hostility, and without ill-will.

I will abide pervading one quarter with a mind imbued with gladness,
Likewise the second, likewise the third, likewise the fourth,
So above and below, around and everywhere, and to all as to myself.
I will abide pervading the all-encompassing world
with a mind imbued with gladness:
Abundant, exalted, immeasurable, without hostility, and without ill-will.

I will abide pervading one quarter with a mind imbued with equanimity,
Likewise the second, likewise the third, likewise the fourth,
So above and below, around and everywhere, and to all as to myself.
I will abide pervading the all-encompassing world
with a mind imbued with equanimity:
Abundant, exalted, immeasurable, without hostility, and without ill-will.