

The Four Immeasurables

The Four Immeasurables	Definitions	Proximate Cause	False Facsimile or Near Enemy	That Which is Diametrically Opposed or Distant Enemy	Sign of Success	Remedy (Bodyguard or Guardian)
Loving Kindness	Heartfelt yearning and vision for oneself and others to experience happiness and the causes of happiness	Seeing the loveable qualities of another person and oneself	Self-centered attachment	Ill-will (Intention to harm and taking joy in another's misfortune)	Less ill-will, as well as an increase in friendliness and warm heartedness	Equanimity
Compassion	Heartfelt yearning that all be free of suffering and it's causes Asking what can I do?	Recognizing that others wish to be free of suffering; the helplessness of their suffering and you're poised to do something or that something can be done	Grief, sorrow and depression	Contempt and cruelty – taking pleasure in someone else's suffering	Our capacity for cruelty and delight in other people's misfortunes subsides	Empathetic Joy
Empathetic Joy	Delight in other people's virtues, successes and joys	Attending to the virtues, successes and joys of others and oneself	Frivolous joy	Envy and cynicism	Reduction of envy and cynicism	Loving Kindness
Equanimity	Even-heartedness, even-mindedness and impartiality Attending without attachment or aversion	Taking responsibility for our own conduct and actions	Aloof indifference	Craving or attachment to those who are like us / an aversion to those who are different	Less craving, attachment and hostility	Compassion

(Cultivating Virtues of the Heart)