



*A meaningful life is lived
with attention and
intention*

mindful life program

The Four Immeasurables

How wonderful it would be if all beings were to abide in equanimity, free of bias, attachment and anger. May they abide in this way. I shall do my best to cultivate equanimity in my life so I may help them to abide in this way. May each breath I take be mindful, creating the conditions to do so.

How wonderful it would be if all beings had happiness and its causes. May they have these. I shall do my best to cultivate genuine happiness and its causes in my own life, so I may help them to have these. May each breath I take be mindful, creating the conditions to do so.

How wonderful it would be if all beings were free from suffering and its causes. May they be free. I shall do my best to cultivate compassion and its causes in my life, so I may help them to be free of suffering. May each breath I take be mindful, creating the conditions to do so.

How wonderful it would be if all beings were living with empathetic joy, rejoicing in the virtues of others. May they find such joy. I shall do my best to cultivate empathetic joy in my life, so I may be able to help them abide in this way. May each breath I take be mindful, creating the conditions to do so.