

The Four Sublime States The Brahmaviharas Contemplations On Love Compassion Sympathetic Joy And Equanimity - phedra.ga

the four sublime states contemplations on love - *these four love compassion sympathetic joy and equanimity are also known as the boundless states appama a because in their perfection and their true nature they should not be narrowed by any limitation as to the range of beings towards whom they are extended they should be non exclusive and impartial not bound by selective preferences or prejudices, metta and other brahma viharas buddhism* - *metta is one of the four brahma viharas brahma in this case has been translated as divine or noble the word as qualified in the path of purification is meant in the sense of best and immaculate this is because being best and immaculate is the best attitude towards beings and those who*

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