

abodes of love pdf

For a PDF copy, click Brahmaviharas or Four Divine Abodes. For an MS Word copy, click Brahmaviharas or Four Divine Abodes. The Four Divine Abodes. In meditation, two basic types of approach exist: (1) techniques that develop the "head" aspects such as analysis and concentration; (2) techniques that open up the "heart".

The Four Divine Abodes - Suffering and Its Causes

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The four Boundless Abodes are Love, Compassion, Sympathetic Joy, and Equanimity. As caregivers, we know that helping people deal with emotions is a large part of what

Talk on the Four Boundless Abodes - Zen Center of Los Angeles

The Boundless Abodes for Caregiving, Dying, Grieving Joan Halifax Roshi There are four Boundless Abodes: 1) lovingkindness, 2) compassion, 3) sympathetic joy, and 4) equanimity. The phrases in this meditation are used in generating the energy of lovingkindness, compassion, sympathetic joy, and equanimity.

The Boundless Abodes for Caregiving, Dying, Grieving Joan

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