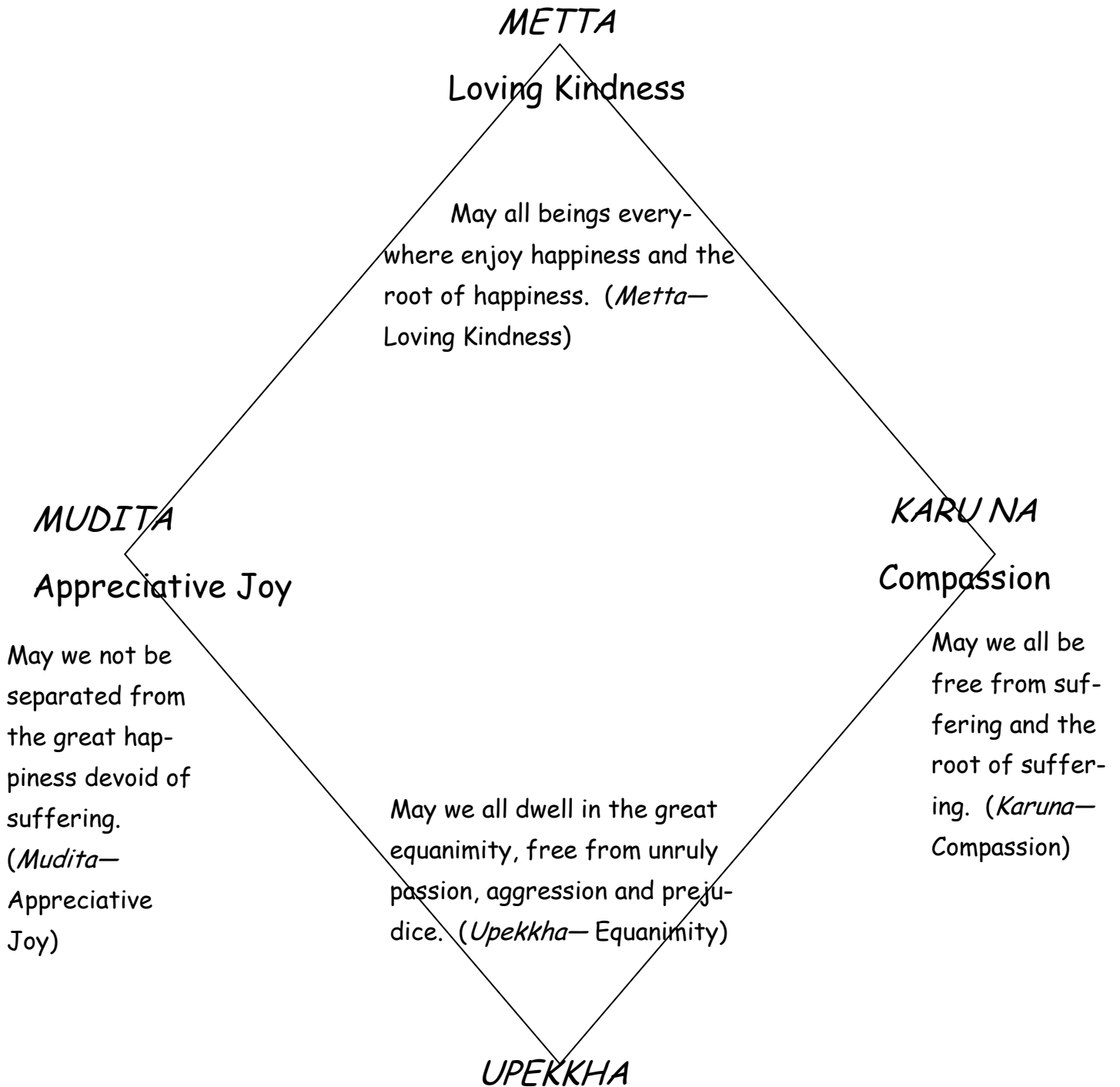


THE *BRAHMA VIHARAS*
THE FOUR IMMEASUREABLES



Equanimity allows the mastery of emotion. We can have and express emotion without necessarily indulging it. We can act with evenness, serenity and without prejudice.