

The Brahma Viharas

Immeasurable	Proximate Cause	Near Enemy	Far enemy	Sign
<i>Metta</i> Loving Kindness	See lovability in others	a sticky attachment	ill-will	wish for happiness for others
<i>Karuna</i> Compassion	Helpless in the face of another's pain	pity	cruelty	readiness to help creativity arises
<i>Mudita</i> Sympathetic or appreciative joy	Experience some joy or acknowledgement of other's success	hypocrisy	envy	interested in accomplishments of others
<i>Upekkha</i> Equanimity	Caring interest in others unconditional acceptance	indifference	prejudice	affectionate capacity less fixated on opinions

The Brahma Viharas can also be seen as the four dismantlers. When we practice them we can see what arises as an obstacle to their practice. We can then see what we need to dismantle in order for the practice to be effective.