

## THE BRAHMA VIHARAS

<b>Brahma Viharas/ The Divine Abodes</b>	<b>Qualities</b>	<b>Hindrances</b>	<b>Near Enemy</b>	<b>Far Enemy</b>
<b>Lovingkindness</b> <i>Metta</i>	Friendliness Kindness Goodwill Warmth	Aversion Dislike Preference	Sensual Attachment	Hatred
<b>Compassion</b> <i>Karuna</i>	Caring about suffering	Selfishness Callousness	Pity Grief	Cruelty
<b>Sympathetic or Appreciative Joy</b> <i>Mudita</i>	Gladness for the good fortune of another; Gratitude for one's own good fortune	Envy Jealousy Comparison Grasping Craving	Being consumed with one's own happiness	Resentment or lack of interest in another's happiness
<b>Equanimity</b> <i>Upekkha</i>	Balanced, stable mind in the Midst of changing conditions	Worry Fear Anxiety	Indifference	Need to Control  Reactivity

Adapted from a chart created by The Insight Meditation Community of Charlottesville