

The Four Divine Abodes  
(*brahmavihāra*)

NAME	MEANING	NEAR ENEMY	FAR ENEMY
Loving-kindness ( <i>mettā</i> )	Wish for the welfare and happiness of all beings.	Attachment.	Ill will.
Compassion ( <i>karuṇā</i> )	Empathy with the suffering of others. Vism: "Promotes the aspect of removing suffering."	Worldly grief.	Cruelty.
Altruistic joy ( <i>muditā</i> )	Joy produced by others' success and good fortune. Eliminates envy.	Worldly joy.	Aversion, discontent.
Equanimity ( <i>upekkhā</i> )	Impartiality towards living beings.	Dull indifference or apathy.	Attachment and resentment.