

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.