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**THE FOUR DIVINE ABODES****Punнанanda****Research Scholar, Center for Mahayāna Buddhist studies,  
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*There are four kinds of Divine Abodes (States of well-being) that can be sent or developed in other beings. This may be accomplished by means of (a) location, (b) direction, or (c) person. Location refers to a place, area, city, county, state, country, and so on.*

*Direction refers to the East, West, North, South, and so on. Person refers to an individual, group, or category of people.*

1. Loving-kindness (*Mettā*),
2. Compassion (*Karuṇā*),
3. Sympathetic joy (*Muditā*) and
4. Equanimity (*Upekkhā*).

**LOVING-KINDNESS(*Mettā*)**

Loving-kindness is a kind of love without attachment or craving; it is also a favor of love and good-will directed towards all beings without any kind of discrimination.

**How to Send or Develop Loving-kindness by Means of Location**

May I be free from enmity or danger; may I be free from mental suffering; may I be free from physical suffering; may I live happily.

May all beings in this monastery (building of Buddhist house) be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings in this city be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings in this county be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings in this state be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings in this country be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings in Myanmar country be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings on the Asian Continent be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings on the Australian Continent be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings on the European Continent be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings on the American Continent be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings on the African continent be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings in this world be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

May all beings in this Universe be free from enmity or danger, from mental suffering, from physical suffering, and may they live happily.

According to Venerable Sayadaw U Silānanda's teaching about Loving-kindness,

"May all beings in this building (or house) be well, happy, and peaceful?

May all beings in this monastery (or Temple) be well, happy, and peaceful.

May all beings in this street (or Avenue) be well, happy, and peaceful.

May all beings in this city be well, happy, and peaceful.

May all beings in this county be well, happy, and peaceful.

May all beings in this state be well, happy, and peaceful.

May all beings in this country be well, happy, and peaceful.

May all beings on the American Continent be well, happy, and peaceful.

May all beings on the Asian Continent be well, happy, and peaceful.

May all beings on the Australian Continent be well, happy, and peaceful.

May all beings on the European Continent be well, happy, and peaceful.

May all beings on the African Continent be well, happy, and peaceful.

May all beings in this world be well, happy, and peaceful.

May all beings in this Universe be well, happy, and peaceful.

### **How to Send or Develop Loving-kindness By Means of the Ten Directions**

May all beings in the Eastern direction (*Puratthimāyadisāya*) be well, happy, and peaceful.

May all beings in the Western direction (*Pacchimāyadisāya*) be well, happy, and peaceful.

May all beings in the Northern direction (*Uttarāyadisāya*) be well, happy, and peaceful.

May all beings in the Southern direction (*Dakkhināyadisāya*) be well, happy, and peaceful.

May all beings in the Southeastern direction (*Puratthimāyaanudisāya*) be well, happy, and peaceful.

May all beings in the northwestern direction (*Pacchimāyaanudisāya*) be well, happy, and peaceful.

May all beings in the Northeastern direction (*Uttarāyaanudisāya*) be well, happy, and peaceful.

May all beings in the Southwestern direction (*Dakkhināyaanudisāya*) be well, happy, and peaceful.

May all beings in the lower direction (*Hetthimāyadisāya*) be well, happy, and peaceful?

May all beings in the upper direction (*Uparimāyadisāya*) be well, happy, and peaceful.

May all beings in the ten directions be well, happy, and peaceful.

Or may all beings in the ten directions be free from enmity or danger, from mental suffering, and from physical suffering; may they live happily.

### **How to Send or Develop Loving-kindness by Way of persons**

May I be free from enmity or danger; may I be free from mental suffering; may I be free from physical suffering; may I live happily.

May my teachers be free from enmity or danger, from mental suffering, and from physical suffering; may they live happily.

May my parents be free from enmity or danger, from mental suffering, and from physical suffering; may they live happily.

May my relatives be free from enmity or danger, from mental suffering, and from physical suffering; may they live happily.

May my friends be free from enmity or danger, from mental suffering, and from physical suffering; may they live happily.

May the indifferent persons be free from enmity or danger, from mental suffering, and from physical suffering; may they live happily.

May the unfriendly persons be free from enmity or danger, from mental suffering, and from physical suffering; may they live happily.

May all meditators be free from enmity or danger, from mental suffering, and from physical suffering; may they live happily.

May all beings be free from enmity or danger, from mental suffering, and from physical suffering; may they live happily.

### The Eleven Benefits of Sending or Department Loving-kindness

If, O monks, the liberation of the mind by loving-kindness is cultivated and developed, frequently practiced, made one's vehicle and foundation, firmly established, consolidated, and properly undertaken, eleven benefits may be expected. What eleven are?

1. One sleep in comfort;
2. One wakes in comfort;
3. One sees no bad dream;
4. One is dear to human beings;
5. One is dear to non-human beings;
6. Devas or deities guard one;
7. Fire, poison, and weapons do not affect one;
8. One's mind becomes easily concentrated;
9. The expression of one's face is serene;
10. One dies confused.
11. If one does not penetrate into the higher state, he will be born in the Brahmā world.

### ( NUMERICAL DISCOURSES OF THE BUDDHA, 273, THE PATH OF PURIFICATION, 331)

*‘Mettāya Khobhikkha vecetovimuttiy āāsevitāyabhāvitāya bahulikatāy ayānikatāyavattthukatāy aanutthitāyaparicitā yasusamāraddhāyae kādasānisamsāpātikañkhā. Katameekādasa? Sukhamsupati. Sukhampatibujjhati. Na pāpakamsupinampassati. Manussānampiyohoti. Amanussānampiyohoti. Devatārakkhanti. Nāssaaggivāvisamvāsattthamvākamati. Tuvatamcittamsamādhīyati. Mukhavannopasīdati. Asammūlhokālankaroti. Uttarim’appativijjhantobrahmalokūpagohoti. (Aṅguttara-Nikāya, Vol.3,542)*

### COMPASSION(Karunā)

Compassion is sympathy for all beings in their suffering, with no sense of superiority over them. It has the characteristic of developing being able to remove pain in others.

### How to Send or Develop Compassion by Means of Location

May all suffering beings in this building, in this center, in this area, in this city, in this county, in this state, in this country, in this world, in this universe be free from suffering.

May all suffering beings on the American Continent, on the Asian Continent, on the Australian Continent, on the European Continent, and on the African continent be free from suffering.

### How to Send or Develop Compassion In Directions

May all suffering beings in the Eastern direction, in the Western direction, in the Northern, in the Southern direction, in the Southeastern direction, in the Northeastern direction, in the Southwestern direction, in the lower direction, in the upper direction, be free from suffering.

May all suffering beings in the ten directions be free from suffering.  
 How to send or Develop Compassion by Way of persons  
 May I who am suffering be free from suffering.  
 May my teachers who are suffering be free from suffering.  
 May my parents who are suffering be free from suffering.  
 May my relatives who are suffering be free from suffering.  
 May my friends who are suffering be free from suffering.  
 May the indifferent persons who are suffering be free from suffering.  
 May the unfriendly persons who are suffering be free from suffering.  
 May all suffering beings be free from suffering.  
 May all star-struck beings be free from fear.  
 May all grief-stricken beings be free from grief.

### SYMPATHETIC JOY (*Muditā*)

How to Send or Develop Sympathetic Joy By Means of Location, Direction, or By Way of Persons  
 Sympathetic joy is an altruistic joy in the success or welfare of other beings.  
 May all beings in this building, in this center, in this area, in this city, in this county, in this state, in this country, in this world, in this universe not lose the success they have obtained.  
 May all beings in the Eastern direction, in the Western direction, in the Northern, in the Southern direction, in the Southeastern direction, in the Northeastern direction, in the Southwestern direction, in the lower direction, in the upper direction, not lose the success they have obtained.  
 May all beings do not lose the success they have obtained.  
 May my teachers, parents, relatives, friends, the indifferent persons, the unfriendly persons, not lose the success they have obtained.  
 May all beings do not lose the success they have obtained.

### EQUANIMITY (*Upekkhā*)

How to Send or Develop Equanimity By Means of Location, Direction, or By Way of persons  
 Equanimity is a state of mind that regards all beings with impartiality, and being free from attachment and aversion. One may pervade them with equanimity by doing thus:  
 All beings in this building, in this center, in this area, in this city, in this county, in this state, in this country, in this world, in this universe, are the owners of their deeds (*Kammas*).  
 All beings in the Eastern direction, in the Western direction, in the Northern, in the Southern direction, in the Southeastern direction, in the Northeastern direction, in the Southwestern direction, in the lower direction, in the upper direction, in the ten directions are the owners of their deeds. All beings are the owners of their deeds.

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