

the the four immeasurables pdf

An Extensive Commentary on the Four Immeasurables. by Buddhagupta. Loving kindness, compassion, Sympathetic joy, and equanimityâ€” How to cultivate with diligence These great immeasurables, I shall now explain. Focusing on immeasurable sentient beings brings about immeasurable accumulations, immeasurable qualities, and immeasurable primordial wisdom.

The Four Immeasurables | Lotsawa House

Bruce Alan Wallace (born 1950) is an American author and expert on Tibetan Buddhism. His books discuss Eastern and Western scientific, philosophical, and contemplative modes of inquiry, often focusing on the relationships he sees between science and Buddhism. He is founder of the Santa Barbara Institute for Consciousness Studies.

B. Alan Wallace - Wikipedia

Muditā (Pāli and Sanskrit: मृदुति) means joy; especially sympathetic or vicarious joy.. Also: the pleasure that comes from delighting in other people's well-being. The traditional paradigmatic example of this mind-state is the attitude of a parent observing a growing child's accomplishments and successes. Mudita should not be confused with pride, as a person feeling mudita may ...

Mudita - Wikipedia

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Empati (sǎŋkande till kǎrlek) betecknar fǎŋrstǎŋ andra kǎŋnande individers kǎŋnslor. Empatibegreppet ǎŋ nǎŋra beslǎŋktat med inlevelse och medkǎŋnsla. Empati handlar om en psykisk fǎŋrstǎŋ och kǎŋnna med andra, vare sig personen hǎŋller med eller inte; till exempel en psykolog kan ha empati med en brottsling utan att bli likadan eller vara likadan.

Empati â€“ Wikipedia

Even as a graduate student, with all the options open to me in Canada as a National Research Council Award recipient, I chose to study frustration with Abram Amsel at the University of Torontoâ€”the last standard bearer of learning theory and one of the most cited psychologists of his time (Papini, 2008).

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