

Download Compassion And Emptiness In Early Buddhist Meditation

Mettā or maitrī means benevolence, loving-kindness, friendliness, amity, good will, and active interest in others. It is the first of the four sublime states (Brahmaviharas) and one of the ten pāramīs of the Theravāda school of Buddhism. Contemporary exposition. American Buddhist monk Bhikkhu Bodhi wrote: “The real meaning of upekkhā is equanimity, not indifference in the sense of unconcern for others. To generate the type of love and compassion that motivates you to seek buddhahood, not for yourself but for the sake of others, first you must confront suffering by identifying its types. home about wbr editorial board contact us current issue back issues donations submissions subscriptions links: Green Buddhism and the Hierarchy of Compassion, Compassion And Emptiness In Early Buddhist Meditation.

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