

Five Necessary Qualities of Mind

The great masters of Tibetan Buddhism, particularly Longchenpa, describe how the Four Immeasurables originate in five qualities of your own mind. In fact, you cannot even talk about kindness, compassion, joyfulness, or equanimity without cultivating these five characteristics as their source:

1. A fundamental attitude as vast as space
2. A mind as constant as the depths of the ocean
3. Seeing all occurrences, inner and outer, as mist floating in the sky
4. A compassionate attitude as even as the rays of the sun
5. Sensing negativities to be like specks of dust in your eye.

From Ven. Khandro Rinpoche