

## Arousing Bodhicitta - The Four Boundless Attitudes

These four lines are meant to bring to mind the four attitudes of loving-kindness, compassion, joy and equanimity. You can adjust this practice in any way that you want. You could practice with yourself as a focus, with a friend, a group of people etc. You could focus just on loving-kindness, or include the all of the boundless attitudes. It may be helpful to use a mala while you chant these. Chant them quietly, or from time to time, silently.

May all sentient beings enjoy happiness and the root of happiness.  
May they be free of suffering and the root of suffering.  
May they not be separated from the great happiness devoid of suffering.  
May they dwell in the great equanimity free from passion, aggression and prejudice.

### The Practice of Loving-Kindness:

This practice traditionally uses the first line of the four limitless ones chant: “May we enjoy happiness and the root of happiness.”

1. Awaken loving-kindness for yourself:  
“May I enjoy happiness and the root of happiness,” or put this aspiration in your own words.
2. Awaken loving-kindness for someone for whom you feel sincere goodwill and tenderness:  
“May (name) enjoy happiness and the root of happiness,” or choose your own words.
3. Awaken loving-kindness for a friend, again saying their name and aspiring for their happiness, using the same words.
4. Awaken loving-kindness for someone about whom you feel neutral or indifferent (use the same words).
5. Awaken loving-kindness for someone you find difficult or offensive (use the same words).
6. Let the loving-kindness grow big enough to include all the beings in the five steps above. (This step is called dissolving the barriers.) Say: “May I, my beloved, my friend, the neutral person, the difficult person, altogether enjoy happiness and the root of happiness.”
7. Awaken loving-kindness for all beings throughout the universe; start close to home and extend out further and further if you wish:  
“May all beings be free of suffering and the root of suffering.”