

Metta — Karuna — Mudita — Upekkha

Metta, kindness, is the love that connects. It is the antidote to all forms of aversion. It is not attachment. If it slides into sentimentality, Karuna or compassion brings the heart back into balance.

Karuna, the love that responds, is an antidote to cruelty. It is not pity. If it slides into sorrow, mudita or appreciative joy brings the heart back into balance.

Mudita, the love that celebrates, is an antidote to envy. It is not competitive. If it slides into agitated excitement, upekkha or equanimity brings the heart back into balance.

Upekkha, the love that allows, is the antidote to partiality. It is not indifference. If it slides into disconnection, metta brings the heart back into balance.”

— Caroline Jones and Paul Burrows offered during a talk given at IMS’s Forest Refuge