



Newsletter
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Gay Buddhist Fellowship

The Gay Buddhist Fellowship supports Buddhist practice in the Gay men's community. It is a forum that brings together the diverse Buddhist traditions to address the spiritual concerns of Gay men in the Bay Area, the United States, and the world. GBF's mission includes cultivating a social environment that is inclusive and caring.



Chortens near Muktinath, Nepal

The Four Immeasurables

Part One of a Dharma Talk by Jim Wilson, Recorded June 13, 1999

I'd like to talk today about a set of Buddhist practices which are often referred to as the Four Immeasurables. I'd like to give an overview of them. They form a core practice, or a set of core practices, in many Buddhist traditions.

They're also called the Four Bramaviharas, which means the abode of the Gods. That is, that these sets of practices will open the mind and heart into a very expansive state. The implication is that they will have the capacity to transform you in an almost cosmic way. But it takes some persistence—doesn't happen overnight.

The four traditional immeasurables are Compassion, Love, Joy, and Equanimity. They are rooted in a sutra called the Metta Sutra. It's a very short sutra. In that sutra, the Buddha explains that if you wish to enter the peace of nirvana, the way to do so is to treat all living beings like a mother treats her only child. And this is true whether you're a male or a female. That practice is the golden road to enlightenment.

What the Buddha is talking about in that sutra is opening oneself up to the relationship to all of existence; establishing oneself in relationship to all of existence. The central insight of the Buddha was the interdependence of all

