

## Meeting the Enemy

### Near and Far Enemies of the Four Limitless Ones

| Quality  | Near Enemies                      | Far Enemies            |
|--|-----------------------------------|------------------------|
| Loving Kindness (Maitri)   | Attachment                        | Hatred, Aversion       |
| May all sentient beings enjoy happiness and the root of happiness.                   |                                   |                        |
| Compassion   | Pity, Overwhelm, Idiot Compassion | Cruelty, Schadenfreude |
| May they be free from suffering and the root of suffering.                           |                                   |                        |
| Joy  | Overexcitement (Euphoria)         | Envy                   |
| May they not be separated from the great happiness devoid of suffering.              |                                   |                        |
| Equanimity   | Detachment, Indifference          | Prejudice              |
| May they dwell in the great equanimity free from passion, aggression, and prejudice. |                                   |                        |