

#### 4 Immeasurables: Loving Kindness [Metta]

It's not always easy to walk away from unpleasant situations. What if those involved are family members, work colleagues or government officials? I've seen advantages of having thick skin ... though I'd prefer to have compassion than thick skin.

Recently I caught myself thinking, "What a £\$%& s/he is." I don't think it was healthy for me to react so strongly, knowing how s/he often offends people that way. Well, it was unpleasant and it's OK to allow myself some sort of reaction, hopefully not so strongly next time. What I often find difficult is the aftermath of such a situation. Often I hold onto feeling vaguely unhappy for a while afterwards. Time to practice I guess.