



The Four Immeasurables are sometimes called The Four Abodes.

An abode is an inward home that is always open and available. An abode is a central hub to which I can return, again and again, from the infinitely diverse spokes and outer rims of my life.

Thus, loving-kindness and compassion comprise “a home base” that is always available. Arriving at the hub, entering it, I experience a sort of singularity where all my prior fragmentations fall away.

From a space of loving-kindness and compassion within myself, I can “help” without pushing anyone into weakness, can “fix” without pushing anyone into brokenness, and can “serve” without pushing anyone else into dependency or addiction.

If the abode-hub seems small, or I’m re-learning and re-learning and re-learning that it is home-base, then it may be helpful for me to experience the radiance of loving-kindness and compassion in silence and solitude, letting the “anyone” who is “helped, fixed, and served” be myself.

The abode is “enough.” Nothing lacking; nothing in excess – therefore no need for me to generate pleasant feelings, harbor ideas of gain, indulge habits of mind and body, or to “prove” or “demonstrate” anything: not even to myself.