

# *F. Developing Loving Kindness – pg 9*

*adapted from the Digha Nikaya,*

*translated by Maurice Walshe*

*adapted by Terton Lama: Jigme Gyatso, Rime Rinpoche*

Put away all hindrances,  
let your mind, full of love,  
pervade one quarter of the world,

and so too the second quarter,  
and so the third,  
and so the fourth.

And thus the whole wide world,  
above, below, around,  
and everywhere altogether

continue to pervade  
with love-filled thought,  
abounding, sublime, beyond measure,  
free from hatred and ill-will.