



1. As you continue studying and reflecting on the Four Immeasurables, compose your own phrases for each immeasurable, adding them to the phrases on the Introduction to the Four Immeasurables handout.

2. Reflect on how the kleshas evolve into the realms of samsara.

- Notice when a klesha propels you into a realm.
- Is it possible to experience the realm with some intention and presence, rather than confusion and reactivity?
- Notice when your meditation practice becomes driven by one of the kleshas: hatred, greed, instinct, desire, jealousy, or pride.

3. On the cushion and in daily life, fill your mind with the phrases and intentions of the immeasurables. Explore how practice can be cultivated in three ways:

1. *Replace* your ordinary random thoughts and impulses with immeasurables phrases. Antidotes to the kleshas are the basis of Foundational Dharma, the First Turning of the Dharma Wheel.
2. *Recognize* that kleshas are vivid, and at the same time empty of permanence or solidity. Recognition of emptiness/compassion is the basis of the Mahayana, the Second Turning of the Dharma Wheel.
3. *Transform* kleshas, using them as fuel for presence and awakening. Transformation is the basis of the Vajrayana, the Third Turning of the Dharma Wheel.

Don't think lightly of good, saying, "It will not come to me."

Drop by drop the water pot is filled.

Likewise, the wise one,

gathering it little by little, fills herself with good.

~ Dhammapada 9.122

Prayer to Empty the Six Realms

Countless beings are wandering, trapped in cycles of confusion and struggle.
My heart goes out to them!

Through karma gathered from beginningless time,
The force of reactive emotions creates realms of suffering.
There is no refuge but awakened compassion.
May I fully awaken for the benefit of all beings.

Through reaction and habit, the force of anger creates the hell realm.
Hot anger and cold hate, attacking and revenge, what torture!
Opening to this experience, knowing it completely, reaction and struggle come to an end.
May we awaken to kindness and harmony.

Through reaction and habit, the force of greed creates the hungry ghost realm.
Hunger and thirst, craving and grasping, frustrated misery!
Opening to this experience, knowing it completely, reaction and struggle come to an end.
May we awaken to generosity and gratitude.

Through reaction and habit, the force of instinct creates the animal realm.
Fearful hiding, seeking safety and comfort, the thick fog of dullness!
Opening to this experience, knowing it completely, reaction and struggle come to an end.
May we awaken to intelligence and creativity.

Through reaction and habit, the force of desire creates the human realm.
Restless searching, fleeting pleasure, the stress of constant activity!
Opening to this experience, knowing it completely, reaction and struggle come to an end.
May we awaken to contentment and ease.

Through reaction and habit, the force of jealousy creates the titan realm.
Stab of envy, furious competition, unjust defeat!
Opening to this experience, knowing it completely, reaction and struggle come to an end.
May we awaken to appreciation and sympathetic joy.

Through reaction and habit, the force of pride creates the god realm.
Deluded pleasure of self-absorption, the shock of humiliation when it ends!
Opening to this experience, knowing it completely, reaction and struggle come to an end.
May we awaken to humility, connection, and service.

In all my lives, may I meet whatever arises with awakened compassion.
Opening to the depths of each realm, I rest in experience just as it is.
Knowing and freedom arise together; may I not take birth in the six realms again.
With a heart open to the cries of others, realms are emptied and beings are freed.

From seeds planted, fruit grows. Seeking to escape from pain, we may discover that others are suffering too. Relying on the teachings of Thangtong Gyalpo, Jamgon Kongtrul, and Ken McLeod, George Draffan gathered these words to remind himself and others of a way to meet confusion and turmoil.