

# The Four Immeasurables: Practices To Open The Heart By B. Alan Wallace

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B. Alan Wallace (born 1950) of contemporary psychology and neuroscience alongside ancient Asian contemplative practices. Boundless Heart: The Four Immeasurables

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The four immeasurables so called because we generate equanimity, love, compassion, and joy towards an immeasurable number of sentient beings are an integral part

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Now, this evening, I want to cover a few points: one is to set the context for the four immeasurables. Where does it sit in the whole realm of Buddhist practice?

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### **The 4 immeasurables. | elephant journal**

or Four Immeasurables, are a list of four Buddhist virtues that we can cultivate through our meditation practice. The 4 immeasurables are products of the

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### **B. alan wallace: the four immeasurables:**

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continually seeks innovative ways to integrate Buddhist contemplative practices with Western Alan with His Holiness Alan Wallace was raised and  
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