



# The Four Immeasurables: Practices to Open the Heart

*B. Alan Wallace*

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## **The Four Immeasurables: Practices to Open the Heart** B. Alan Wallace

The Four Immeasurables—the cultivation of loving-kindness, compassion, empathetic joy, and equanimity—is a rich suite of practices that open the heart, counter the distortions in our relationships to ourselves, and deepen our relationships to others. Alan Wallace presents a unique interweaving of teachings on the Four Immeasurables with instruction on meditative quiescence, or shamatha practice, to empower the mind. This book includes both guided meditations and lively discussions on the implications of these teachings for our life.

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