

Sutra 33 from Chapter 1 of the Yoga Sutras of Patanjali

**maitrī karuṇā mudita upekṣānām
sukha duḥkha puṇya apuṇya
viṣayāṇām bhāvanātaḥ citta prasādanam**

Maitri - friendliness, love
Karuṇa - compassion, mercy
Mudita - gladness, delight, joy
Upekṣanam - equanimity, impartiality

Sukha - easy, open, relax, happiness
Dukha - pain, sorrow, unhappy, suffering
Punya - virtue, good action, justice
Apunya - bad action, mean, vicious

Viṣayaṇām - of the objects, concerning something
Bhavanārtha - by cultivating attitudes, by constant reflection
Citta - mind, thought
Prasadanam - purification, serenity, tranquility

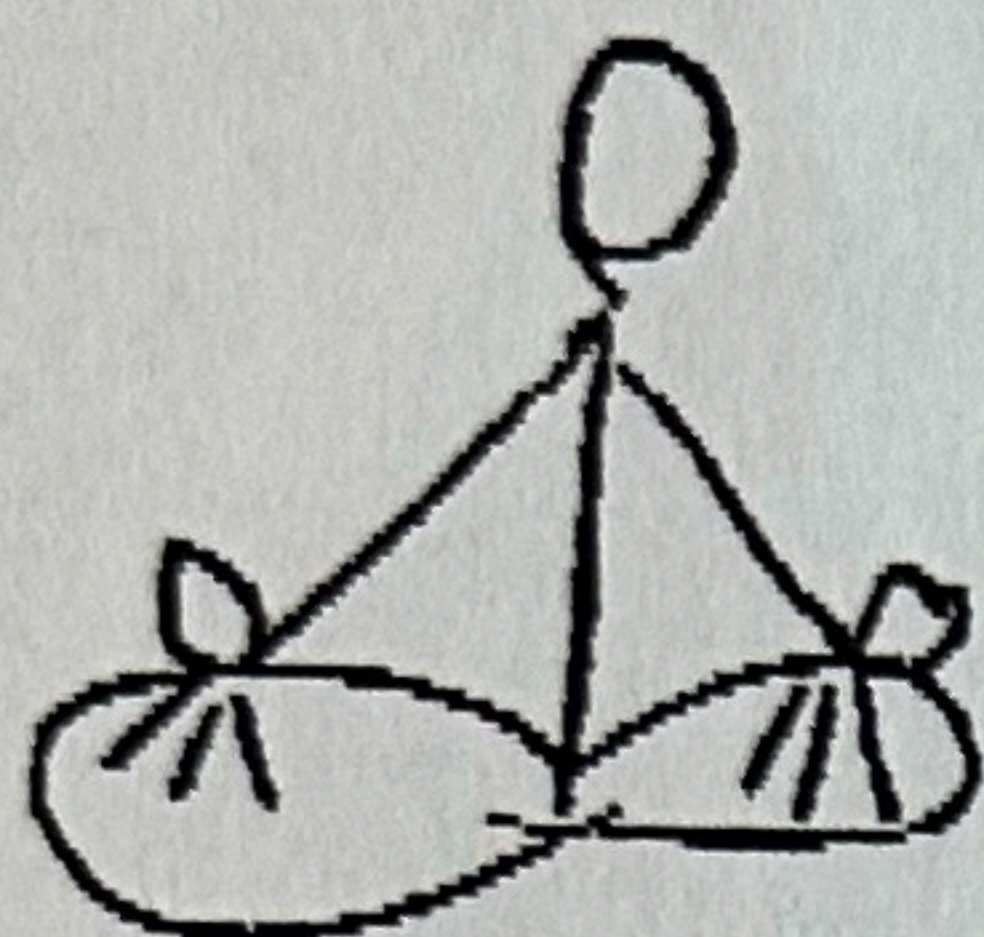
... By cultivating attitudes of
 friendliness towards happiness,
 compassion towards suffering,
 delight toward virtue,
 equanimity towards vice,
thoughts become purified, and the mind becomes serene.

or

... to preserve and sustain "OPENNESS of HEART and CALMNESS of MIND"
nurture these attitudes:

 kindness to those who are happy
 compassion for those who are less fortunate
 honor for those who embody noble qualities
 equanimity to those whose actions oppose values.

Chin mudra



mentally chant these words on IN and on EX

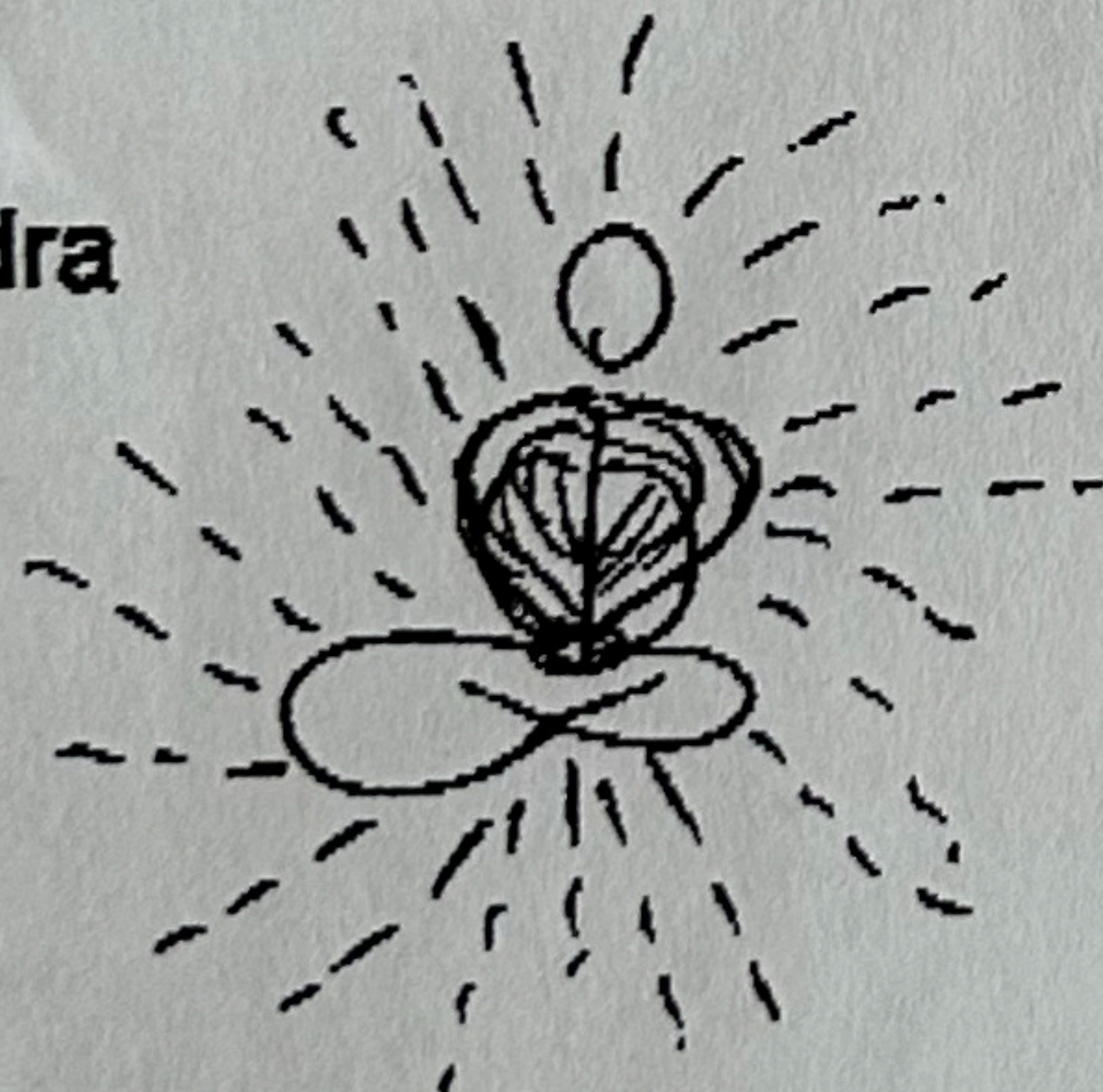
INHALE	R.	EXHALE	S.
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1	MAITRI	MAITRI
2	KARUNA	KARUNA
3	MUDITA	MUDITA
4	UPEKSANAM	UPEKSANAM

1	LOVE	LOVE
2	COMPASSION	COMPASSION
3	JOY	JOY
4	EQUANIMITY	EQUANIMITY

1	MAITRI	MAITRI
2	KARUNA	KARUNA
3	MUDITA	MUDITA
4	UPEKSANAM	UPEKSANAM

Dhyani mudra



rest for 5' or more in awareness of this quality,
when distracted invite the affirmation/feeling

" OPENNESS of HEART &
CALMNESS of MIND "

Atmanjali mudra

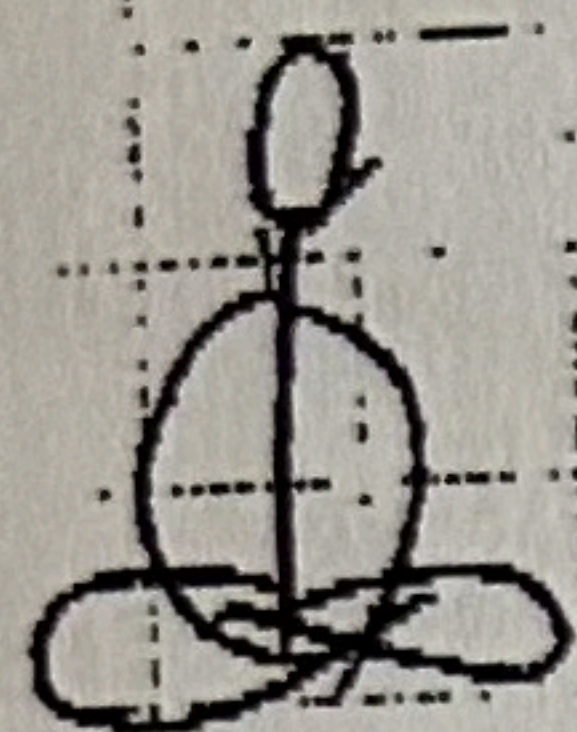


Chant sutra 1. 33 or just the attitudes.
then recite in english a translation of choice.

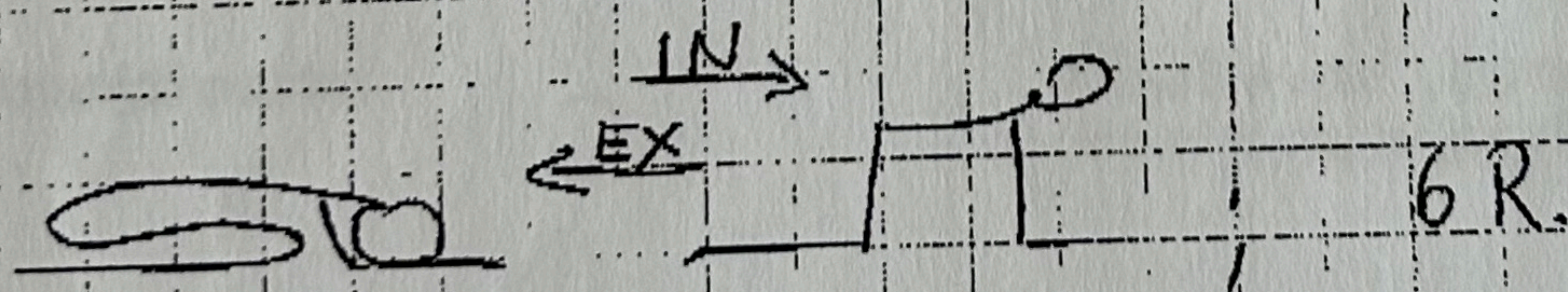
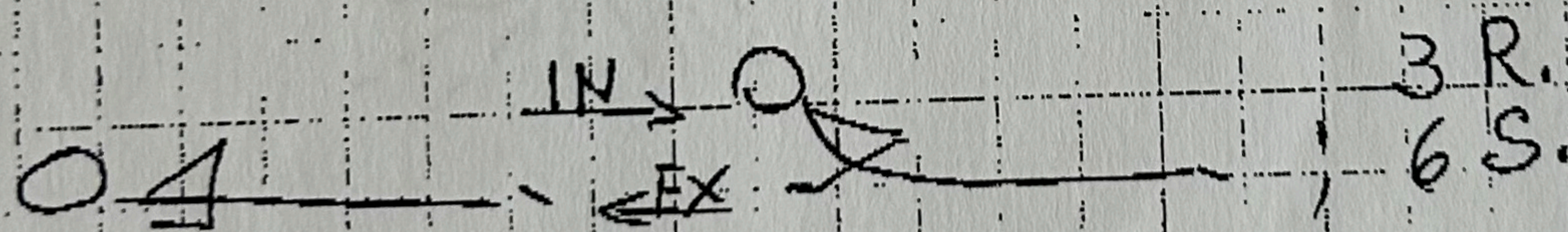
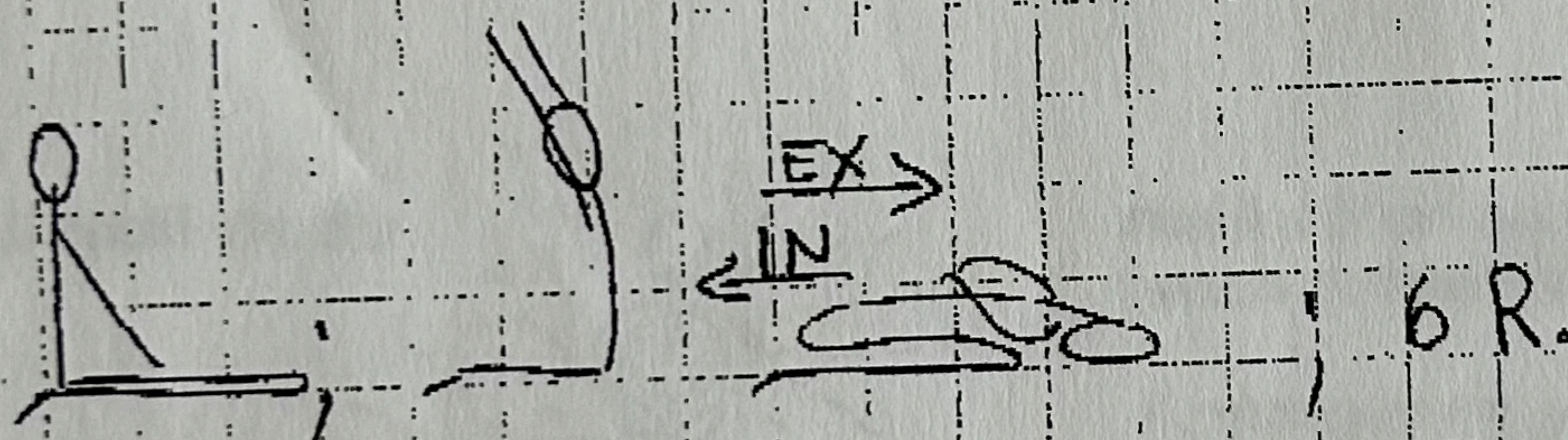
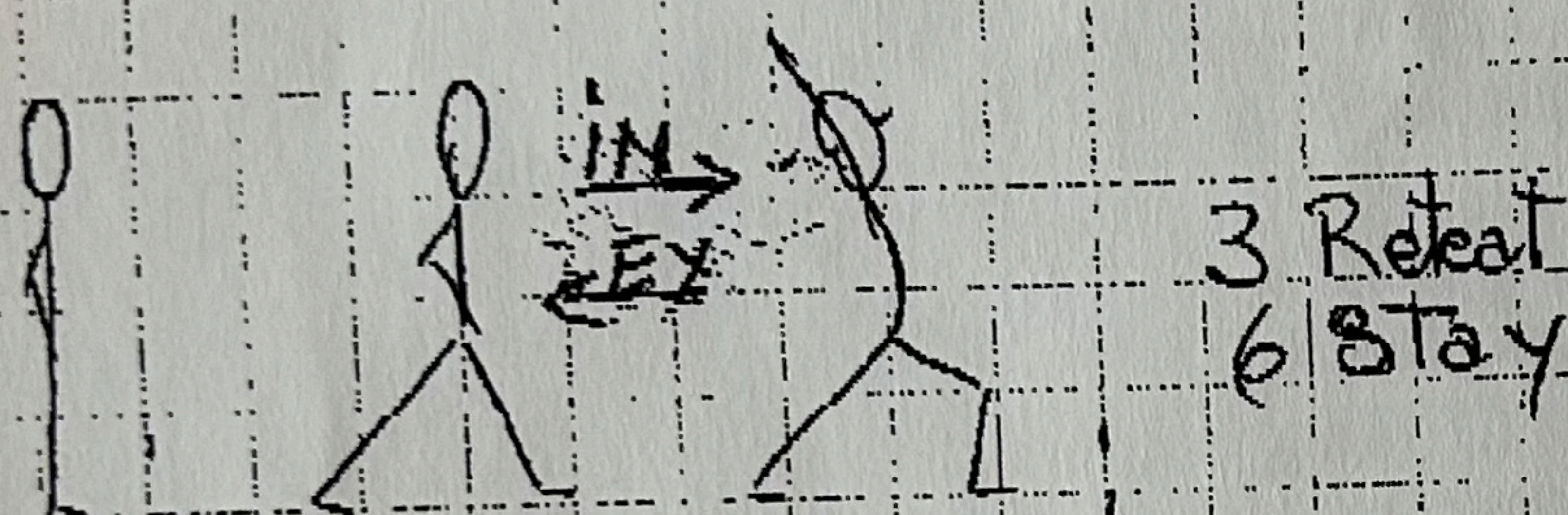
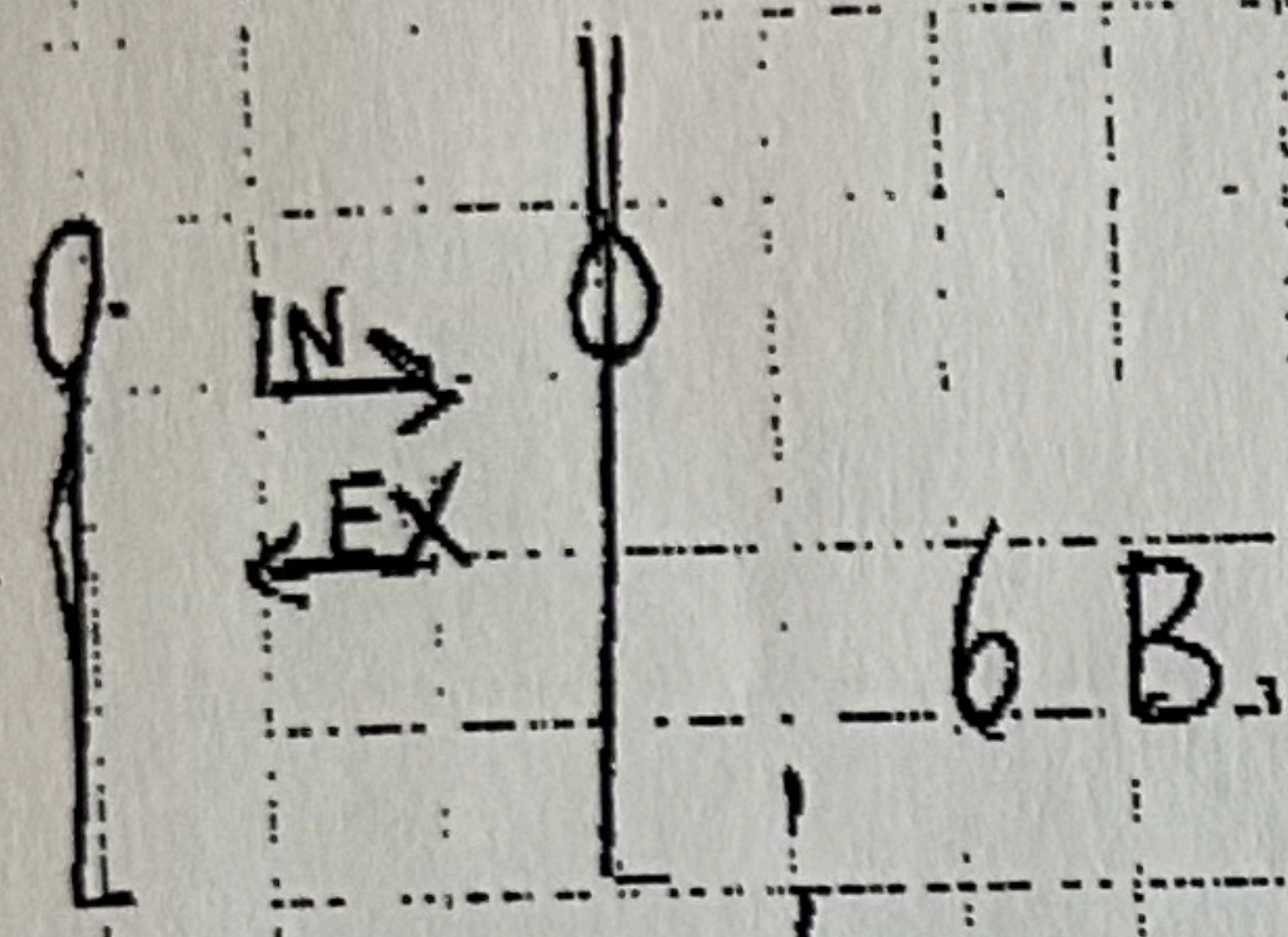
rest 3' to 5' in natural ease.

then ~~write~~ write few words on your journal.

namaste'



12 B. then Read translation, Chant Sutra
I 33



12 B =

IN	R	EX	S	T
8	2	12	2	4
11	3	11	3	11
11	4	11	4	11

Rest in Awareness 4 Breaths