

is the state of desiring to remove suffering and misfortune, with the thought, "May they be liberated from these sufferings", and so forth. *Sympathetic joy* is the state of desiring the continuity of (others') happiness and welfare, with the thought, "you beings are rejoicing; it is good that you are rejoicing; it is very good", and so forth. *Equanimity* is the state of observing (another's) suffering or happiness and thinking, "These appear because of that individual's own past activities." (pp. 63, 64)

*Francis Parackal*