

Sublime States: Loving Kindness, Compassion, Sympathetic Joy, Equanimity
Brahmaviharas: Metta, Karuna, Mudita, Upekkha

19 May 2026

Members of BGKT Buddhist Group of Kendal (Theravada) have chanted and read The Metta Sutta The Discourse on Loving Kindness at BGKT meetings and on invitation at several public occasions.

BGKT Buddhist Group of Kendal (Theravada) teaches metta (loving-kindness) meditation in its Open Meetings. BGKT Secretary Jacquetta Gomes taught metta (loving-kindness) meditation at Retreats at Ketumati Buddhist Vihara Manchester until 2020.

Publications by BGKT Buddhist Group of Kendal (Theravada)

BGKT Website

Metta Sutta Discourse on Loving Kindness

<https://www.buddhistgroupofkendal.co.uk/metta-sutta-discourse-on-loving-kindness/>

Introducing Buddhism

Introducing Buddhism The Chapter Buddhist Meditation includes the Sublime States Brahmaviharas.

Introducing Buddhism by Venerable Dr Balangoda Ananda Maitreya Mahanayaka Thera Abhidhaja Maharathaguru Aggamaha Pandita DLitt DLitt (1896-1998) and Jacquetta Gomes Bodhicarini Upasika Jayasili. *Introducing Buddhism* was originally published by The Buddhist Society London in 1988, to accompany The Buddhist Society's Introducing Buddhism Course, on which Jacquetta Gomes was one of the teachers.

Introducing Buddhism has subsequently been published by Buddhist organisations in England, Sri Lanka, Malaysia, Taiwan, and the USA.

Introducing Buddhism is available on several websites including Access to Insight, TBE Tibetan Buddhist Encyclopedia and Google Books.

Introducing Buddhism was launched by the BCC Buddhist Cultural Centre in Sri Lanka with 24 other books under the patronage of Venerable Dr K. Sri Dhammananda Chief Sangha Nayaka of Malaysia and Singapore, in December 1997.

Balangoda Ananda Maitreya, Venerable, and Jayasili (Jacquetta Gomes). *Introducing Buddhism*. 2003. (Kendal, England, BGKT Buddhist Group of Kendal (Theravada))

Available on the Internet

Access to Insight

<https://www.accesstoinight.org/>

Search for Introducing Buddhism or Buddhist Group of Kendal

https://www.accesstoinight.org/lib/authors/various/introducing_buddhism.pdf

Buddhist eLibrary

<https://www.buddhistelibrary.org/>

Search for Introducing Buddhism or Balangoda Ananda Maitreya

<https://www.buddhistelibrary.org/en/displayimage.php?pid=2448>

Google Books

weblink[https://books.google.com/](https://books.google.com/search?q=Introducing+Buddhism+Jacquetta+Gomes&printsec=frontcover&id=17XhmhXH9ssC#v=onepage&q&f=false) search for Introducing Buddhism Jacquetta Gomes
<http://books.google.com/books?printsec=frontcover&id=17XhmhXH9ssC#v=onepage&q&f=false>

Internet Archive

weblink<https://archive.org/>

Full text of Introducing Buddhism included

<https://archive.org/details/introducing-buddhism-bgkt-ven-balangodanandamaitreya-jayasili-jacquettagomes>

<https://archive.org/details/introducing-buddhism-bgkt-ven-balangodanandamaitreya-jayasili-jacquettagomes/mode/2up>

Limited Preview some pages omitted

<https://archive.org/details/introducingbuddh03vene/mode/2up>

Balangoda Ananda Maitreya, Venerable, and Jayasili (Jacquetta Gomes). *Introducing Buddhism*. 2007. (Taipei Taiwan, The Corporate Body of the Buddha Educational Foundation) (Book code EN074) (This includes the booklet: *Requirements and Ceremonies for the Five Precepts (Panca Sila)*, *The Eight Precepts with Right Livelihood as the Eighth (Ajivatthamaka Sila)*, *Dhamma Teachers Certificate*, issued by the Buddhist Group of Kendal (Theravada) and Ketumati Buddhist Vihara at Wesak 2006)

Available on the Internet

Corporate Body of the Buddha Educational Foundation (Taiwan)

weblink<https://www.budaedu.org/> search for Introducing Buddhism or EN074

Google Books

weblink[https://books.google.com/](https://books.google.com/search?q=Introducing+Buddhism+Jacquetta+Gomes&printsec=frontcover&id=JC01AAKbtHYC#v=onepage&q&f=false) search for Introducing Buddhism Jacquetta Gomes
<http://books.google.com/books?printsec=frontcover&id=JC01AAKbtHYC#v=onepage&q&f=false>

Internet Archive

weblink<https://archive.org/>

Limited Preview some pages omitted

<https://archive.org/details/introducingbuddh02vene>

Open Library weblink<https://openlibrary.org/>

https://openlibrary.org/works/OL16792919W/Introducing_buddhism

Articles by BGKT Buddhist Group of Kendal (Theravada)

“Navanga Uposatha – The Nine Uposatha Precepts”, Jacquetta Gomes, *Lotus: the Lay Review and Newsletter of the Birmingham Buddhist Vihara*, Issue 24 (Autumn 2007) 6.

weblink<https://birminghambuddhistvihara.org/>

weblink<https://birminghambuddhistvihara.org/latest-news>

weblink<https://birminghambuddhistvihara.org/latest-news/lotus-issue-24-autumn-2007>

weblink<https://birminghambuddhistvihara.org/downloads/lotus-24-68d4044df0217716633956.pdf>

Prayer and Meditation: Loving-Kindness”, Buddhist Group of Kendal (Theravada), *Faith Initiative: Embracing Diversity*, Issue 10 (Autumn 2003), 14.

<https://www.faithinitiative.co.uk/>

<https://faithinitiative.co.uk/issues/>

<https://faithinitiative.co.uk/issues/issue-10/>

<https://faithinitiative.co.uk/workspace/pdfs/issues/initiative-issue-10.pdf>

“Reflections on Meditation: Buddhist Meditation”, The Buddhist Group of Kendal, *Interreligious Insight a Journal of Dialogue and Engagement* [published by World Congress

of Faiths Common Engagement Project], 6(4) (October, 2008) 56-59.
<https://www.yumpu.com/en/document/view/35518084/reflections-on-meditation-interreligious-insight/4>

Suttas and Translations

Suttas and translations are available on the Access to Insight, dhammatalks.org and Sutta Central websites.

Access to Insight <https://www.accesstoinight.org/>

dhammatalks.org <https://www.dhammatalks.org/> <https://www.dhammatalks.org/suttas/>

Sutta Central <https://suttacentral.net/?lang=en>

Suttas

The 2 main Suttas about metta (loving-kindness) are The *Karaniya Metta Sutta* The Discourse on Loving-kindness and the Metta Nisamsa Sutta The Discourse on the Benefits of Loving Kindness

StNp 1.8 Sn 1.8 Karaniya Metta Sutta: The Discourse on Loving-kindness

The Sutta Nipata StNp/Sn (The Sutta Collection/The Discourse Group) is the fifth book of the Khuddaka Nikaya and consists of 71 short suttas divided into five vaggas (chapters). Chapter 1. Urugavagga The Snake Chapter includes The Karaniya Metta Sutta: The Discourse on Loving-kindness.

StNp 1.8 Sn 1.8 Karaniya Metta Sutta: Loving-Kindness translated from the Pali by Nanamoli Thera

Access to Insight weblink <https://www.accesstoinight.org/>
<https://accesstoinight.org/tipitaka/kn/snp/snp.1.08.nymo.html>

StNp 1.8 Sn 1.8 Karaniya Metta Sutta: The Discourse on Loving-kindness translated from the Pali by Piyadassi Thera. available on Access to Insight website

Access to Insight weblink <https://www.accesstoinight.org/>
<http://www.accesstoinight.org/tipitaka/kn/snp/snp.1.08.piya.html>

Sutta Central

Mettasutta Amaravati Sangha

Karaniya Metta Sutta: The Buddha's Words on Loving-Kindness

<https://suttacentral.net/kp9/en/amaravati?reference=none&highlight=false>

Mettasutta Nanamoli Thera Short Readings Loving-Kindness

<https://suttacentral.net/kp9/en/nanamoli?reference=none&highlight=false>

Mettasutta Short Readings The Discourse on Loving-Kindness Piyadassi Thera

<https://suttacentral.net/kp9/en/piyadassi?reference=none&highlight=false>

Anguttara Nikaya An 11.16 Karaniya Mettanisamsa Sutta Discourse on Advantages of Loving-kindness

Anguttara Nikaya AN 11.16 Mettanisamsa Sutta Discourse on Advantages of Loving-kindness translated from the Pali by Piyadassi Thera

Access to Insight weblink <https://www.accesstoinight.org/>
<https://accesstoinight.org/tipitaka/an/an11/an11.016.piya.html>

Bhante Henepola Gunaratana Maha Thera (1927-)

Bhante Henepola Gunaratana was one of the Founder Spiritual Advisors to BGKT Buddhist Group of Kendal (Theravada) in 1991.

Spiritual Advisors Venerable Balangoda Ananda Maitreya and Bhante Henepola Gunaratana weblink <https://www.buddhistgroupofkendal.co.uk/spiritual-advisors-venerable-balangoda-ananda-maitreya-and-bhante-henepola-gunaratana/>

Spiritual Advisors Venerable Balangoda Ananda Maitreya and Bhante Henepola Gunaratana weblink <https://archive.org/details/spiritual-advisors-venerable-balangoda-ananda-maitreya-and-bhante-henepola-gunaratana>

Teachings in Buddhist Group of Kendal (Theravada) BGKT's Open Meetings are based on *Mindfulness in Plain English*, *Loving-Kindness in Plain English*, *Start Here, Start Now: A Short Guide to Mindfulness Meditation* and The *In Plain English* series by Buddhist Monk Bhante Henepola Gunaratana published by Wisdom Experience. His books include explanations of the Brahmaviharas especially metta.

Wisdom Experience

weblink <https://wisdomexperience.org/>

Bhante Henepola Gunaratana

weblink <https://wisdomexperience.org/bhante-g/>

weblink <https://wisdomexperience.org/content-author/bhante-gunaratana/>

Beyond Mindfulness in Plain English, Bhante Henepola Gunaratana

Wisdom Publications USA, 2009. (ISBN 9780861715299)

Chapter 4 Wishing the Best for Yourself and Others

<https://wisdomexperience.org/product/beyond-mindfulness-plain-english/>

Bhavana Vandana: Devotions for Meditation. 2008. compiled by Bhante H. Gunaratana Maha Thera (Revised edition). (High View West Virginia USA Bhavana Society).

Metta Bhavana Developing Loving-Friendliness pages 84-85

Karaniyametta Sutta Discourse on Loving-Friendliness pages 46-47

Khandhaparitta Sutta The Protection of Loving-Friendliness pages 88-89

Mettanisamsa Sutta Discourse on the Benefits of Loving-Friendliness pages 86-87

<https://bhavanasociety.org/>

<https://bhavanasociety.org/resources/>

Internet Archive weblink <https://archive.org/>

<https://archive.org/details/BhavanaVandanaDevotionsForMeditation>

<https://ia801605.us.archive.org/18/items/BhavanaVandanaDevotionsForMeditation/VandanaDeskV19.pdf>

Bhavana Vandana: Book of Devotion. 1990. compiled by Bhante H. Gunaratana Maha Thera, (High View West Virginia USA Bhavana Society).

Metta Bhavana Meditation on Loving-Kindness pages 166-171

Karaniyametta Sutta Meditation on Loving-Kindness Discourse pages 170-175

Khandha Paritta Discourse on the Protection of Loving-Kindness pages 176-177
Mettanisamsa Sutta The Profit of Loving-Kindness pages 176-179
BuddhaNet weblink <https://www.buddhanet.net/>
BuddhaNet weblink <https://www.buddhanet.net/>
BuddhaNet weblink http://www.buddhanet.net/pdf_file/vandana.pdf
Buddhistelibraryweblink <https://www.buddhistelibrary.org/>
Buddhistelibraryweblink <https://www.buddhistelibrary.org/en/albums/asst/ebook/vandana.pdf>

Buddhist Suttas for Recitation: A Companion for Walking the Buddha's Path. Bhante Henepola Gunaratana. 2019. (Boston USA Wisdom Publications). (ISBN 978-161429-489-4).

Metta Bhavana Developing Loving-Friendliness pages 114-117
Karaniyametta Sutta Discourse on Loving-Friendliness pages 62-65
Khandhaparitta Sutta The Protection of Loving-Friendliness pages 120-121
Mettanisamsa Sutta Discourse on the Benefits of Loving-Friendliness pages 118-119
<https://wisdomexperience.org/product/buddhist-suttas-for-recitation/>

Eight Mindful Steps to Happiness: walking the Path of The Buddha, Bhante Henepola Gunaratana, Wisdom Publications USA, 2001. (ISBN 9780861711765)

Step 2 Skillful Thinking: Loving-Friendliness pages 65-70.
<https://wisdomexperience.org/product/eight-mindful-steps-happiness/>

Loving-Kindness in Plain English: The Practice of Metta, Bhante Henepola Gunaratana
Wisdom Publications USA, 2017. (ISBN 9781614292494)

<https://wisdomexperience.org/product/loving-kindness-plain-english/>

Mindfulness in Plain English, Bhante Henepola Gunaratana
Wisdom Publications USA, 20th anniversary edition, 2011. (ISBN 9780861719068)

Afterword: The Power of Loving Friendliness
<https://wisdomexperience.org/product/mindfulness-plain-english/>
Available on Google Books

Articles by Bhante Henepola Gunaratana

"Meditation on Loving-Kindness", Bhante Henepola Gunaratana, *Buddhist Publication Society Newsletter*, No. 69 (1st mailing 2013), pages 1-5.

<https://www.bps.lk/>
https://www.bps.lk/library_newsletters.php
<https://www.bps.lk/olib/nl/nl069.pdf>

"Meditation on Loving-Kindness", Bhante Henepola Gunaratana, *The Middle Way: Journal of The Buddhist Society [London]*, 64(4), (February 1990), pages 232-238. (The Buddhist Society [London] (founded in 1924) started *The Middle Way: Journal of The Buddhist Society* [London] in 1926.) (ISSN 0026-3214)

<https://www.thebuddhistsociety.org/page/the-middle-way-2>

Audio and Video by Bhante Henepola Gunaratana

There are several audio and video recordings of Bhante Gunaratana explaining metta (loving kindness) meditation available on the web.

BPS Buddhist Publication Society Kandy Sri Lanka

<https://www.bps.lk/>

Some BPS publications are available on the Access to Insight website

Access to Insight weblink <https://www.accesstoinight.org/>

<https://www.accesstoinight.org/lib/bpslist.html>

BPS Books

http://www.bps.lk/library_books.php

The Book of Protection Paritta translated from the original Pali, with introductory essay and explanatory notes by Piyadassi Thera, BPS.

https://www.bps.lk/olib/bp/bp216s_Piyadassi_Book-of-Protection.pdf

4. Karaniyamettasutta (Discourse on Loving-kindness) Pali page 24 and English page 25 29

6. Karaniyamettasutta Mettanisamsasutta (Discourse on Advantages of Loving-kindness) (Pali pages 26 and 28 English pages 27 and 29).

The Buddha and His Teachings, by Venerable Narada Mahathera, Electronic edition, 2012 (ISBN 978-955-24-0025-4)

Chapter 42 The Sublime States

https://bps.lk/olib/bp/bp102s_Narada-Buddha_and_His_Teachings.pdf

BuddhaNet weblink <https://www.buddhanet.net/>

https://www.buddhanet.net/ebooks_s.htm

http://www.buddhanet.net/pdf_file/buddha-teachingsurw6.pdf

The Four Sublime States Contemplations on Love, Compassion, Sympathetic Joy, and Equanimity, by Nyanaponika Thera and *The Practice of Loving Kindness (Metta) as Taught by the Buddha in the Pali Canon*: Texts compiled and translated by Nanamoli Thera [*The Four Sublime States* First published in 1958 as Wheel Publication No. 6; *The Practice of Loving Kindness* First published in 1958 as Wheel Publication No. 7].

(ISBN: 978-955-24-0170-1)

https://www.bps.lk/olib/bp/bp225s_Nyanaponika_Four-Sublime-States.pdf

Several BPS publications include explanations of the Brahmaviharas.

BPS Wheel Publications (ISSN 0068-3345)

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Wheel 6 *The Four Sublime States Brahmaviharas: Contemplations on Love, Compassion, Sympathetic Joy and Equanimity* by Nyanaponika Thera

https://bps.lk/olib/wh/wh006_Nyanaponika_The-Four-Sublime-States.pdf

BuddhaNet weblink <https://www.buddhanet.net/>

http://www.buddhanet.net/pdf_file/4sublime_states.pdf

Access to Insight weblink <https://www.accesstoinight.org/>

<https://www.accesstoinight.org/lib/authors/nyanaponika/wheel006.html>

Wheel 7 *The Practice of Loving-Kindness (Metta): As Taught by the Buddha in the Pali Canon*, compiled and translated by Nanamoli Thera

https://bps.lk/olib/wh/wh006_Nyanaponika_The-Four-Sublime-States.pdf

Access to Insight weblink <https://www.accesstoinight.org/https://www.accesstoinight.org/lib/authors/nanamoli/wheel007.html>

Wheel 170 *The Buddha's Teaching on Unselfish Joy: four essays*, by Nyanaponika Thera, Natasha Jackson, C.F. Knight, and L.R. Oates

[https://www.bps.lk/olib/wh/wh170_Nyanaponika-Eta Mudita--Four-Essays.pdf](https://www.bps.lk/olib/wh/wh170_Nyanaponika-Eta%20Mudita--Four-Essays.pdf)

Access to Insight weblink <https://www.accesstoinight.org/https://www.accesstoinight.org/lib/authors/various/wheel170.html>

Wheel 365/366 *The Philosophy and Practice of Universal Love* by Acharya Buddhārakkhita [https://www.bps.lk/olib/wh/wh365 Buddhārakkhita Metta--Philosophy-Practice-of Universal-Love.pdf](https://www.bps.lk/olib/wh/wh365_Buddharakkhita_Metta--Philosophy-Practice-of_Universal-Love.pdf)

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Books

Brahmavihara Dhamma (Divine Abidings) Venerable Mahasi Sayadaw, Rangoon Burma/Myanmar, 1985.

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BuddhaNet weblink https://www.buddhanet.net/https://www.buddhanet.net/https://www.buddhanet.net/ebooks_s.htmhttps://www.buddhanet.net/pdf_file/brahmavihara.pdf

Love and Sympathy in Theravada Buddhism, Harvey B Aronson, MLBD Motilal Banarsidass Publishers, Delhi India. (1980) (ISBN 81-209-1403-7)

Google Books weblink <https://books.google.com/>

Love in Buddhism. Bhante Walpola Piyananda, Dharma Vijaya Publications, Los Angeles USA (2013). Reprinted by The Corporate Body of the Buddha Educational Foundation, Taipei, Taiwan. (2016 reprint) (Book code EN382).

Corporate Body of the Buddha Educational Foundation (Taiwan) weblink <https://www.budaedu.org/> search for Love in Buddhism or EN382

Internet Archive weblink https://archive.org/details/love-in-buddhism-bhante-walpola-piyanandahttps://ia804501.us.archive.org/2/items/love-in-buddhism-bhante-walpola-piyananda/Love%20in%20Buddhism%20-%20Bhante%20Walpola%20Piyananda_text.pdf

Buddhist University weblink https://buddhistuniversity.net/about/https://buddhistuniversity.net/content/booklets/love-in-buddhism_piyananda

Loving-kindness Meditation, Venerable Sujiva.

BuddhaNet weblink https://www.buddhanet.net/https://www.buddhanet.net/ebooks_s.htmhttps://www.buddhanet.net/pdf_file/allmetta.pdf

Sharon Salzberg *Loving-Kindness: The Revolutionary Art of Happiness* Shambala Classics, (2002) Shambala Publications, Boston Massachusetts USA (2002). (ISBN 1-57062-903-X)

<https://www.sharonsalzberg.com/lovingkindness/>

Dictionaries

Buddhist Dictionary: Manual of Buddhist Terms and Doctrines. Nyanatiloka, Venerable. 2004. (5th revised edition) (Kandy, Sri Lanka, BPS Buddhist Publication Society (ISBN 955-24-0019-8) (Current ISBN 978-974-9511-30-5).

https://www.bps.lk/olib/bp/bp601s_Nyanatiloka_Buddhist-Dictionary.pdf

The Pali Text Society's Pali-English Dictionary. Edited by T. W. Rhys Davids and William Stede (London, Luzac for the PTS Pali Text Society). (ISBN: 978-0-86013-503-6). 1921-1925 edition available online via the Pali Text Society website

<https://palitextsociety.org/product/pali-english-dictionary/>

Forest Sangha

Booklets by Ajahn Amaro. Available on the Forest Sangha website.

<https://forestsangha.org/>

<https://forestsangha.org/teachings/books?language=English>

Don't Push – Just Use The Weight Of Your Own Body: Compassion

[https://forestsangha.org/teachings/books/don-t-](https://forestsangha.org/teachings/books/don-t-push?commit=Go%21&language=English&utf8=%E2%9C%93)

[push?commit=Go%21&language=English&utf8=%E2%9C%93](https://forestsangha.org/teachings/books/don-t-push?commit=Go%21&language=English&utf8=%E2%9C%93)

I'm right, You're: Loving-kindness

<https://forestsangha.org/teachings/books/i-m-right-you-re-wrong?language=English>

Just One More Appreciative joy

[https://forestsangha.org/teachings/books/just-one-](https://forestsangha.org/teachings/books/just-one-more?commit=Go%21&language=English&utf8=%E2%9C%93)

[more?commit=Go%21&language=English&utf8=%E2%9C%93](https://forestsangha.org/teachings/books/just-one-more?commit=Go%21&language=English&utf8=%E2%9C%93)

Who is pulling the strings: Equanimity

[https://forestsangha.org/teachings/books/who-is-pulling-the-](https://forestsangha.org/teachings/books/who-is-pulling-the-strings?commit=Go%21&language=English&utf8=%E2%9C%93)

[strings?commit=Go%21&language=English&utf8=%E2%9C%93](https://forestsangha.org/teachings/books/who-is-pulling-the-strings?commit=Go%21&language=English&utf8=%E2%9C%93)

Websites

aimwell.org

<http://www.aimwell.org/>

Books by Bhikkhu Pesala

<http://www.aimwell.org/pesala.html>

An Exposition of the Metta Sutta, Bhikkhu Pesala

<http://www.aimwell.org/expositionofmetta.html>