

Brahma Viharas through Anatomy

(Use a textbook for pictures to move through sections 1-12 systematically)

- Bones of the Body - head to feet (*Mettā* example: "may the bones of my head be well and happy", "the pelvic bones be well and happy". *Karunā* example: "May the bones of my head become separated from suffering and its causes", " May the bones of the head of (so and so, or all beings) become separated from suffering and its causes". *Muditā* example: "May the head bones of all sentient beings never be separated from the happiness, which is beyond suffering". *Upekkhā* example: "May all the bones in the head of (or of so and so) all sentient beings come to possess a state of perfect equanimity".)
- Muscles and Connective Tissue and Fat- head to feet
- Joints - head to feet
- Lymphatic system- neck, armpits, thymus, spleen, groin, knees, marrow of bones
- Endocrine System- pineal, pituitary- hypothalamus, thyroid, parathyroid, adrenal glands, pancreas, ovaries, testes
- Nervous System- brain (3 major parts), spinal cord, sympathetic and parasympathetic systems, ventricles of the brain, cerebrospinal fluid.
- The Five Senses - visual, auditory (ears), nose, mouth (taste, tongue), touch
- Cardiovascular system - heart, arteries, veins, capillaries
- Respiratory system - nose, sinuses and mouth, larynx, trachea, right lung, left lung
- Digestive System - mouth, nose, tongue, esophagus, stomach, intestines, liver, bile/pancreas, rectum
- Urinary System - kidneys, renal tubule, ureter, bladder, female urinary and male urinary
- Reproductive System - female - ovaries, fallopian tubes, uterus, vagina, clitoris, breasts - male - testes, prostate, seminal vesicle, vas deferens, penis
- One hundred trillion cells of the body

Mettā, karunā, muditā or *upekkhā* in 10 directions to all beings

Always complete a meditation session by sharing, for all beings, the merit (powerful good formations and activities) that you have generated. One of the most ancient prayers in the Buddhist tradition is:

IDAM TE PUÑÑAKAMMAṀ ĀSAVAKKHAYĀVAYAM HOTU

For all beings, by the power of this strengthening activity (puññakamma) may there be the cessation of the defilements (*āsavas*).