

## Interrelationship of the 4 Immeasurable Abodes / Antidotes / Skandhas

<u>Abode</u>	<u>Enemies</u>	<u>Antidote</u>	<u>Skandha</u>	<u>Buddha</u>
Metta	Sentimental Attachment Hatred	Karuna	Perception	Amitabha
Karuna	Pity & Horrified Anxiety Cruelty	Mudita	Volition	Amogasiddhi
Mudita	Vicarious enjoyment Envy, Resentment	Upekkha	Feeling	Ratnasambhava
Upekkha	Apathy Cold Indifference	Metta	Form	Aksobhya