

# *~ Love For All Beings: View ~*

Mingyur Rinpoche

We are going to meditate on love for all beings. Why do we call it “immeasurable”? Because beings are immeasurable — including not only human beings but also animals and whatever other beings there are out there. And we all share something in common, which is wanting to be happy.

Everybody is busy doing something, looking for something — namely happiness — though what makes you and others happy is different.

Sometimes we think, “Oh, I want to eat again and again and again...” We have a food addiction. Sometimes we know that this is unhealthy, but at the same time, there is a feeling of craving, and we cannot stop overeating. In both cases, at a basic level, we want to be happy — the impulse, or the motivation, is that we want to be happy. But sometimes we do not know how to connect with the right causes of happiness. This is also true with smoking or drinking too much alcohol. All of these are the same thing. Eating too much ice cream is another example. Maybe we do not know the real causes of happiness, so we look for short term happiness.

At the same time, we have some wisdom. “Oh, maybe this is not good.” But sometimes we cannot let go of this habit. Changing habits takes some time. But basically, underlying all these feelings, we are looking for happiness. Whether on the intellectual level, experiential level, or habitual level, it is the same thing. It is universal.

Actually, all of us, all beings, are part of one big family. We are all like brothers and sisters. We might all look a little bit different, our languages might be different, or our skin colors might be different, but at a basic level, everybody has awareness, love, compassion, and wisdom — the same things.

Now, you need to connect with love for all beings and wish, "May all beings have happiness and the causes of happiness." Then your practice will become immeasurable.