



The Practice of Sympathetic Joy

Experiencing the Joy of Others As Our Own

Dennis Warren, Guiding Instructor, Sacramento Insight Meditation

The practice of Sympathetic Joy, or *Mudita*, is the turning of lovingkindness, *Metta*, towards the joy and happiness that is experienced by another being. It is designed to open our hearts to a deep wish that other beings can continue to experience and enjoy happiness in their lives in the same way that each of us have this deep wish for ourselves.

Sympathetic Joy, like Lovingkindness and Compassion practice, is based in non-attachment and non-identification. The practice of Sympathetic Joy, in other words, is a process of cultivating and maintaining an open hearted connection with a pure wish for joy and happiness to be present and continue in the lives of others, *regardless* of the likelihood or probability of that happening.

The order of those used as objects of this meditation are:

1. Someone enjoying great happiness
2. A dear friend
3. A benefactor
4. A neutral person
5. A difficult person

This practice follows the same format as Lovingkindness and Compassion practices. It involves the visualization of the person who is the object of meditation and directing the heartfelt sense of each of the phrases to that image. There are two Sympathetic Joy phrases:

I am happy that you are fulfilled/happy successful.

May your fulfillment/happiness/success continue.

