

## Article Index

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#### ORIGINAL ARTICLE

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#### THE FOUR BRAHMAVIHĀRAS FOR PEACE WITH ONESELF AND WITH OTHER



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#### Correspondence to,



#### Khemacara

Ph.D Research Scholar, Center for Mahayana Buddhist Studies, Acharya Nagarjuna University, Guntur, Andhra Pradesh.



# ARTICLE REVIEW REPORT

## The Four Brahmavihāras For Peace With Oneself And With Other

Khemacara

### ABSTRACT:

The problem statement was clear and well articulated In the Buddhist literatures we find a set of four virtues of life which is called mysteriously Brahma-vihāras or the stations of Brahma, namely, love or Loving-kindness or friendliness (Metta), Compassion (Karuṇa), Sympathetic joy (Mudita), and Equanimity or Inparatality (Upekkha). This set of four virtues is meant to regulate our inner peace and peace with other.

### INTRODUCTION:

The introduction provides a good, generalized background of the topic that quickly gives the reader an appreciation The Brahma-vihara are a pre-Buddhist concept, to which the Buddhist tradition gave its own interpretation. The DighaNikaya asserts the Buddha to be calling the Brahmavihara as "that practice", and he then contrasts it with "my practice" as follows: ...that practice [namely, the mere cultivation of love and so forth, according to the fourfold instructions] is conducive not to turning away, nor to dispassion, nor to quieting, nor to cessation, nor to direct knowledge, nor to enlightenment, nor to nirvana, but only to rebirth in the world Brahma. my practice is conducive to complete turning away, dispassion, cessation, quieting, direct knowledge, enlightenment, and nirvana – specifically the eightfold noble path.

### METHODOLOGY:

Author has not mentioned any specific methodology. This study was descriptive in nature. Must add methodology in your article. Methodology used to per research topic.

### PRESENTATION OF RESULTS:

The present study was exclusively realized on secondary data sources. It was purely descriptive type of research since it describes the facts relating to the problem. In this troubled world of ours, there are plenty of opportunities for thoughts and deeds of compassion; but there seem to be all too few for sharing in others' joy. Hence it is necessary for us to create new opportunities for unselfish joy, by the active practice of loving-kindness and compassion, in deeds, words, and meditative thought.

### REFERENCES:

Prior publication by the author(s) of substantial portions of the data or study was appropriately acknowledged.

### RELEVANCE:

The study was relevant to the mission of the journal or its audience. The study addresses important problems or issues; the study was worth doing.

## FUTURE RESEARCH SCOPE:

1. Career For Faculty (<http://academicprofile.org/Professor/CareerForFaculty.aspx>)
2. Academic Plan (<http://academicprofile.org/Professor/AcademicPlan.aspx>)
3. Regarding Professor Promotion  
(<http://academicprofile.org/Professor/regardingPromotion.aspx>)
4. Fellowship for Post Doctoral  
(<http://academicprofile.org/Professor/FellowshipForPD.aspx>)
5. Online Course on Research (<http://onlineresearch.in/Default.aspx>)

## SUMMARY OF ARTICLE

		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers		✓			
2.	Originally & Novelty of the ideas	✓				
3.	Importance of the proposed ideas		✓			
4.	Timelines			✓		
5.	Sufficient information to support the assertions made & conclusion drawn	✓				
6.	Quality of writing(Organization, Clarity, Accuracy Grammer)			✓		
7.	References & Citation(Up-to-date, Appropriate Sufficient)		✓			

### Future Research Suggestions

This Article can expand further research for MINOR/MAJOR Research Project at UGC

