The Four Practices of Generosity with the Four Brahmaviharas

Give Confidence

To give confidence to someone is to create the conditions for their sense of security. People will only feel secure when their basic material needs are met—food, shelter, water. Acts of Loving Kindness meet the needs of others to build them up and restore faith in their own agency.

Give Protection

To give protection to someone is to create the conditions for their resilience and resourcefulness. People feel protected and safe when their difficult emotions like fear, anxiety or anger have space to be expressed and by extension, understood. Acts of Compassion include listening deeply, having clear, kind boundaries, and being hopeful. These actions encourage people to protect themselves from their own harmful habit energy.

Give Happiness

To give happiness is to create the conditions for positivity and wonder. There is a sincerity in the presence of those who are truly happy that is contagious. Acts of Joy remind people to take stock of the smallest wonder to remind the heart and mind that life is precious.

Give Wisdom

This can be achieved by sharing the Dharma but not necessarily as reciting Sutras or teaching meditation. To be generous with wisdom and insight is to become a living breathing Instrument of Peace. Acts of Equanimity and Inclusivity grow one's capacity for tolerance, humility, trust and curiosity.