

## CONTENTS

	Page
<b>PREFACE</b>	ii-iii
<b>ACKNOWLEDGEMENT</b>	iv-v
<b>CHAPTER I</b>	1-21
Introduction : ( a ) Concept of the Brahmavihāras	
( b ) Their literal meanings and implications	
( c ) Their utility in tending to elevate man into superman	
( d ) Etc.	
<b>CHAPTER II</b>	22-62
Conception of Mettā as Brahmavihāra	
<b>CHAPTER III</b>	63-96
Conception of Karuṇā as Brahmavihāra	
<b>CHAPTER IV</b>	97-131
Conception of Muditā as Brahmavihāra	
<b>CHAPTER V</b>	132-183
Conception of Upekkhā as Brahmavihāra	
<b>CHAPTER VI</b>	184-202
Conclusion: (a) The Brahmavihāras tend to elevate human life	
(b) The Brahmavihāras make one divine in this life itself	
(c) The Brahmavihāras can transform man into a superman	
(d) If the majority of human beings, irrespective of creed, colour, race or sex, cultivate the Brahmavihāras, the earth can be transformed into a paradise where all can live in perfect peace and harmony as ideal citizens of one world	
<b>BIBLIOGRAPHY</b>	203-208