

## **A Selection of Equanimity Phrases (MRZC March 2020 Online Retreat)**

Below are examples equanimity phrases you can use in meditation or spontaneously during those times in your daily life when you notice you are unbalanced. Some phrases are from well-known teachers and some are from unknown sources, but all of them are just suggestions. Please select ones that resonate with you or seem appropriate to your present situation. Better yet, make your own equanimity phrases. Notice what it feels like to use a set of two or three phrases; notice how it is when you use a different set of phrases. If you decide to try using equanimity phrases in your practice continue for several weeks at least. You may find that with some practice, that reciting the whole phrase is excessive and just saying a key word is enough. Sometimes you can even drop the key word and just rest in the felt sense of equanimity.

### **Jack Kornfield**

- May I be balanced and at peace.
- May I learn to see the arising and passing of all nature with equanimity and balance.
- May I be open, balanced and peaceful.
- May I bring compassion and equanimity to the events of the world.
- May I find balance and equanimity and peace amidst it all.
- Your happiness and suffering depend on your thoughts and actions and not my wishes for you.
- May you learn to see the arising and passing of all things with equanimity and balance.
- May you have true equanimity.
- May you be balanced and peaceful.

### **Sharon Salzberg**

- May we all accept things as they are.
- May we be undisturbed by the comings and goings of events.
- I will care for you but cannot keep you from suffering.
- I wish you happiness but cannot make your choices for you.
- All beings are the owners of their karma. Their happiness and unhappiness depend upon their actions, not upon my wishes for them.

### **Christine Feldman**

- May I embrace change with stillness and calmness
- May I deeply accept this moment as it is.
- May my home be a home of balance and spaciousness
- May I remain unshaken by life's rise and fall.
- May I rest in not knowing.
- May I be equally near all things.

## **Author unknown**

- Whether I understand it or not, things are unfolding according to a natural order. May I meet them with strength and dedication.
- Regardless of my wishes for you, your happiness is not in my hands. May you do what needs to be done to find happiness.
- I wish nothing but the best for you, but your happiness depends on your actions, and not my wishes for you.
- I am not the cause of this person's suffering, nor is it entirely within my power to make it go away, even though I wish I could.
- There are times when this relationship is difficult to bear, yet I may still try to help if I can.

## **Resources:**

*Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy and Equanimity* by Christina Feldman

*Loving-Kindness: The Revolutionary Art of Happiness* by Sharon Salzberg

*Boundless Heart: The Cultivation of the Four Immeasurables* by B. Alan Wallace