

Equanimity Phrases

You are the heir to your own karma. Your happiness and unhappiness depend on your actions, not on my wishes for you.

Whether I understand it or not, things are unfolding according to a lawful nature.

Things are just as they are

May I accept things just as they are

May I be undisturbed by the comings and goings of things.

I will care for you but cannot keep you from suffering.

I wish you happiness but cannot make your choices for you.

No matter how I might wish things to be otherwise, things are as they are.

No matter what I wish for, things are as they are.

Self as I am, things as they are.

I have my path. You have your path. And I care about you.

May I be open and balanced and peaceful.

This is how it is. What now?

May I trust in the nature of the unfolding.

May I remain at ease in the middle of things.

Neutral person (familiar stranger)

Benefactor

Dear Friend

Difficult person

Self

All beings