

Collection of equanimity phrases

Defining equanimity

Equanimity is a sense of calm and equilibrium, especially when under stress or adverse events. Equanimity in times of struggles allows us to access our inner wisdom to guide us into taking an appropriate course of action. It is in this open state of mind that we can also practice compassion for ourselves and others. It is also associated with balance, composure and acceptance. Equanimity is the willingness to be with what is as it, with openness, curiosity, and kindness, to let go of resistance. If we can be with whatever is present in our lives, we can begin to respond skillfully. In this way, we find creative solutions to engage in helpful actions to create better outcomes for ourselves and others, rather than working from reactivity. When we experience equanimity we are clearer in our mind as to what is the appropriate course of action to take in a difficult situation. The practice of mindfulness, meditation and self-compassion can help us to stay present with what is happening and clear about ways to act or not to, that are appropriate and skilful.

Here is a collection of phrases to help us to regain a sense of equanimity in difficult times

- All beings are the owners of their actions and heirs to their actions. Their happiness or unhappiness depends upon their actions and not upon my wishes- Buddhist teaching
- All human being have their own journey to follow and their own lessons to learn.
- Joy and sorrow arise and pass away, this is part of the journey.
- Whether I understand it or not, events are unfolding according to a lawful nature
- It is what it is... I am here, now... may I be present, sensing my feet touching the ground, being aware of this breath....stepping out of thoughts again and again.
- No matter how I might wish things to be otherwise, it is what it is
- "This too shall pass" (Persian adage)
- "I care for you, but I cannot control your happiness and unhappiness"
- Breathing in kindness for myself and breathing out kindness for you
- "Love is always loving you." By the Indian master Poonja

The serenity phrases: May I gain the serenity to accept what I can't change, the courage to change what I can and the wisdom to know the difference with self-compassion.

Supportive loving-kindness phrases

Given that the situation is just as it is, may I be kind to myself.

May I accept and open to what it is right now

May I have courage

May my struggle ease

May I accept this just as it is and be kind to myself and others

May I give myself the kindness I need to deal with this situation

May my heart and mind open to this experience with balance and ease

May I be at ease with the outer and inner changing conditions of life in myself and others

May I gain equanimity

Gain and loss arise and pass away

Ease and pain arise and pass away

Praise and blame arise and pass away

Fame and disrepute arise and pass away

Birth and death arise and pass away

-Buddhist teachings

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