

The Wisdom of Equanimity

Introduction

"Equanimity" is a concept that has been defined in many ways over the years. Often, it's used as a synonym for "detachment," but that doesn't capture the full meaning of equanimity. According to Buddhist monk Thanissaro Bhikkhu, equanimity is "the ability to see things as they are" — not just their physical form but also their mental and emotional aspects. Understanding this concept can help you find peace in life when things don't go according to plan or when bad things happen unexpectedly. Here are five steps for cultivating equanimity:

Acceptance

Acceptance is the first step to healing. It can be easy to confuse acceptance with resignation or approval, but it's not either. Acceptance doesn't mean that we give up our beliefs or goals; it means letting go of resistance and embracing what is.

Accepting that which is doesn't mean giving in to the way things are and giving up on striving for change—it means recognizing that there are some things we cannot change and others over which we have no real control (at least not in the moment). This awareness allows us to take ownership of our experiences while freeing us from feeling trapped by them.

Trust In The Universe

- The universe is a benevolent place. The universe has your back. The universe is always looking out for you.
- If you let the universe, it will provide for you—if not in this lifetime, then another one. You don't have to worry about money or food or anything else; it's all taken care of by a higher power that wants nothing but good things for you (and everyone else).

Respond Rather Than React

Let's say your roommate offers to let you borrow his car, but then cancels on you at the last minute. In this situation, responding rather than reacting can help you keep your cool and avoid anger and resentment.

When we react out of fear or anger, it's easy for us to get caught up in a spiral of negative emotions that causes us to make illogical decisions. When we respond with calmness and reason, we're better able to make good choices about how best to handle the situation.

Responding also has another advantage: it helps prevent arguments or fights from happening in the first place! When someone says something they think will upset or embarrass you, try responding calmly instead of reacting emotionally (even if what they said was mean).

Patience Is A Virtue

Patience is a virtue.

Patience can be learned.

Patience can be practiced in small ways every day.

Patience is not the same as passivity or laziness; it's not about waiting for things to happen, but rather about slowing down enough that you see the beauty of the journey itself and how it can change your perspective on life.

The less we resist the natural flow of life, the more peace, and happiness we find.

The first step to change is acceptance. The first step to happiness is acceptance. The first step to peace is acceptance. The first step to freedom is acceptance.

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Conclusion

We live in a world that can be overwhelming. At times, the only way to remain sane is to accept the unpredictable nature of life. By maintaining equanimity, we can find peace and happiness in this crazy world we call home.