

EQUANIMITY—SMALL GROUP DISCUSSION

Equanimity involves even-mindedness. It means, in part, maintaining inner balance in stressful situations. To do this, we need to be balanced. We are called to bring a compassionate heart and wisdom to our actions, for compassion urges us to act to alleviate suffering, while wisdom prevents us from driving ourselves crazy, losing balance, and being overwhelmed by hopelessness amid the suffering within and around us.

1. Please consider one challenging area where you are considering taking action or are already doing so.

2. Read the following teachings from the Buddha. These are teachings in which equanimity is rooted.

- “I am the owner of my actions (karma), heir to my actions, born of my actions, related through my actions, and have my actions as my arbitrator. Whatever I do, for good or for evil, to that will I fall heir.”
- “All beings are owners of their actions (karma). Their happiness or unhappiness depend upon their actions, not upon my wishes for them.”

3. In your small group, discuss these teachings and how they apply to circumstances in your life.