

EQUANIMITY MEDITATION

Refuge Recovery, Page 222

Find a comfortable way to sit, and allow your attention to settle into the present-time experience of the body. Closing your eyes, begin to relax any physical tension that is being held in the body by softening the belly; relax the eyes and jaw and allow your shoulders to naturally fall away from the head.

Pause

After a short period of settling into present-time awareness, begin to reflect on your deepest desire for happiness and freedom from suffering for both yourself and others. Reflect on your desire to serve the needs of others and to be compassionately engaged in the world. Reflect on both the joy and the sorrow that exist in the world.

Two minutes of silence

Allow your heart's truest longing for truth and well-being to come into consciousness. With each breath, breathe into the heart's center the acknowledgment of the need to balance your pure intention of creating positive change with the reality of your inability to control others.

Begin repeating the following phrases:

All beings are responsible for their own actions.

Pause

Suffering or happiness is created through one's relationship to experience, not by experience itself.

Pause

The freedom and happiness of others is dependent on their actions, not on my wishes for them.

Pause

Relax into the reverberations of this balance between harmonizing the heart's deepest desire to help others with the mind's wise response of acknowledging our limitations and powerlessness.

Continue to repeat these phrases.

All beings are responsible for their own actions.

Pause

Suffering or happiness is created through one's relationship to experience, not by experience itself.

Pause

The freedom and happiness of others is dependent on their actions, not on my wishes for them.

Three minutes of silence

Stay as consistent and present as possible. Each time you get lost in thoughts or fantasy, come back to the present and return to the phrases.

All beings are responsible for their own actions.

Pause

Suffering or happiness is created through one's relationship to experience, not by experience itself.

Pause

The freedom and happiness of others is dependent on their actions, not on my wishes for them.

Five minutes of silence

All beings are responsible for their own actions.

Pause

Suffering or happiness is created through one's relationship to experience, not by experience itself.

Pause

The freedom and happiness of others is dependent on their actions, not on my wishes for them.

Pause

As we end this meditation, let go of the phrases and bring attention back to your breath and body, investigating the sensations and emotions that are present now. Then, whenever you are ready, allow your eyes to open and your attention to come back to your surroundings.

(Ring Bell)