

## Equanimity Phrases

- Your happiness and suffering depend on your thoughts and actions, not my wishes for you.
- May I learn to see the arising and passing nature of things with a balanced mind.
- Thoughts arise and pass. The mind looks on and knows
- All beings are the owners of their kamma (intentional action and consequence).
- This moment's experience arises and passes based on causes and conditions.
- I will care for you, but I cannot keep you from suffering.
- May I accept things as they are without turning away.
- May we be undisturbed by the comings and goings of events.
- I am an important but small piece of a great interconnected whole.
- Pain and pleasure come and go--awareness remains still and clear

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