

Equanimity

"Bodhisattvas practice 'in the middle of the fire.' This means they enter into the suffering of the world; it also means they stay steady with the fire of their own painful emotions. They neither act them out nor repress them. They are willing to stay 'on the dot' and explore an emotion's ungraspable qualities and fluid energies -- and to let that experience link them to the pain and courage of others." Pema Chodron